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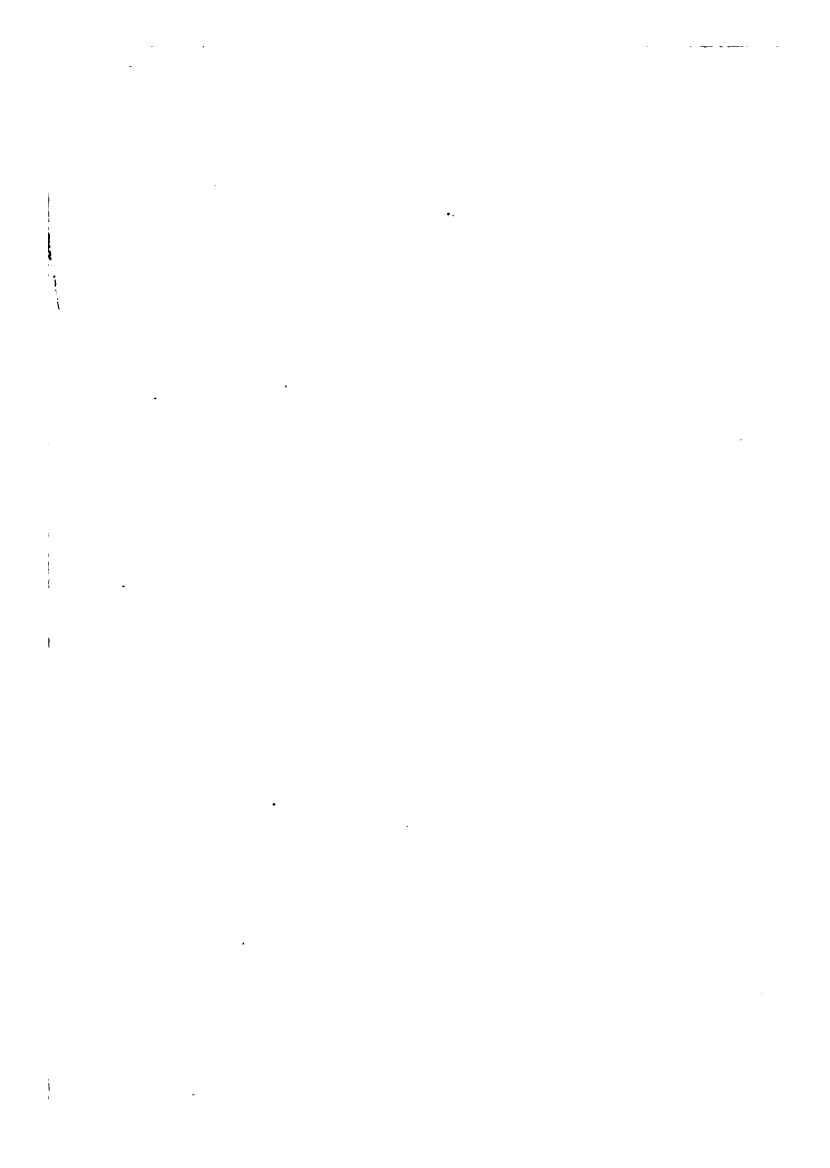
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Our Practical Cook.

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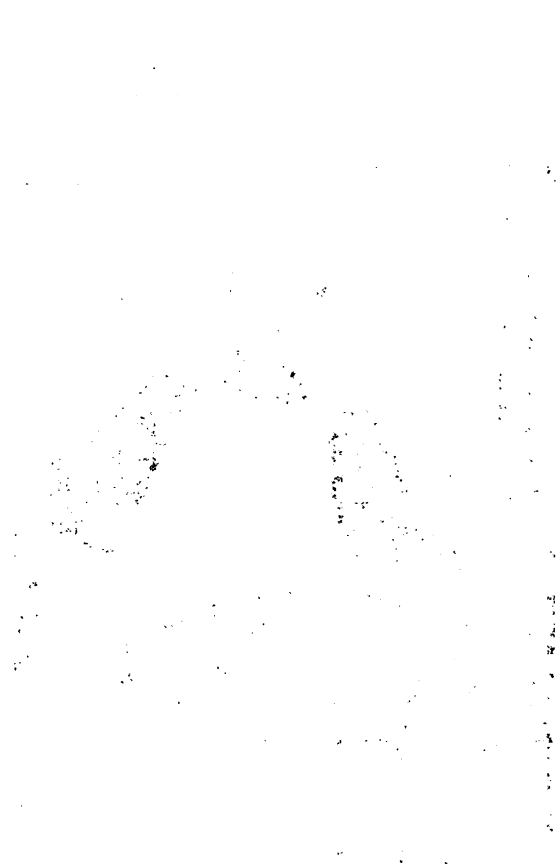
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# HOOD'S

PRACTICAL

# COOK'S

# BOOK

For the Average Household.

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Published by

C. I. HOOD & CO., Lowell, Mass.

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## **Hood's Practical Cook's Book**

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# Introduction.

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Of making many cook books there has been as little of an end, as of any department in literature. Probably they are more plentiful now than at any former period. If you ask why then we assume to add to the number, we have only to plead that we have none at hand that quite suits the ideal of our Practical Cook.

This is not as much a Cook Book, as a Cook's Book—and hence its name. It is not from the pen and experience of a "chef," nor for the use of "chefs." It is meant for the average family, of average means, average desires and average resources. The economics of the kitchen and pantry are not below the dignity of anybody who desires to make the most of opportunity without extravagance. In the suggestions and rules of our little volume there is frugality without parsimony, and prudence without pinching.

Our "little volume," mark you; and herein lies one claim for practicality. We do not present, as we might readily do, thousands of "recipes."

They can be multiplied indefinitely by anybody who can invent ideas of his own, or adapt the ideas of others. But we cover every department of common household cooking, broadly enough to inform every average housekeeper how to provide her table, from the point of frugality to the point of luxury. And if she makes use of the entire number of dishes which we describe, she will have to live comparatively "long in the land."

The smallness of our volume makes it easy to handle, which is a great desideratum. The majority of cook books are so large as to be unwieldy, and are inconvenient to refer to, in the midst of the work of the pantry and kitchen. The numerous suggestions which have been made as to the desirableness of a book of this size, have been confirmed by the personal experience of the author, and this has led us to offer a book small enough to be easily handled, and at the same time comprehensive enough to answer any average household needs. Nor have we sacrificed to smallness a good readable type, and titles large enough to be distinct and legible.

Another thing we have striven to avoid is baldness and technicality. Our rules are written in such a way as to be explicit, and intelligible to everybody. We have striven to be concise, while we have given the fullest directions for every



operation. And we have endeavored to cover departments, rather than to multiply rules. It would be easy, for instance, with a kettle of good soup stock for a basis, to give recipes for hundreds of different soups, but there is no call to do this. Given the proper preparation of the stock, and suggestions as to what may be done with it, and twenty soups are enough, while fifty would be almost excessive.

Every cook book takes pains to declare that all its rules have been thoroughly tested by a competent cook. We can truthfully make the same claim; and we can add to it, that our Practical Cook's judgment has been specially exercised to make every rule offered of value to the housewife who is so fortunate as to possess one of these books. There are in every cook's repertoire a certain number of recipes which "don't amount to much," but we believe none will be found in this volume which are not useful and practical.

There are two more practical qualifications which the book exhibits, as supplementary to its convenient size and typographical perfection. These are in the binding, which in material is suited to floury, or even greasy, hands, at the moulding board, for it does not easily soil, and it can readily be cleaned: and with its flexible, but strong, back, it can be kept open at any given

page, without requiring to be held by the hand or by weights.

Still another practical feature is the insertion of a sufficient number of blank leaves to give ample opportunity for writing in or pasting in, additional recipes, or anything else which the housewife may desire to preserve; and our book differs from any other we have seen, in having several of these blank pages before each department, instead of at either the beginning or end of the book—so that each new recipe can be recorded with its proper class.

A full and well arranged index completes the practical features of the volume.

With these suggestions this little candidate for household favor is confidently submitted by

**HOOD'S PRACTICAL COOK.**

# HOOD'S

## Practical Cook's Book.

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### Soups.

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**S**OUP stock may be made from meat procured for the purpose, or from the trimmings and "left overs." Mrs. Lincoln says: "Every pantry should have a 'catch-all.' It is vastly more important there than in the sewing-room or on the toilet-table. The coal-hod, refuse-pail and sink catch all in many households. One or two large bowls—not tin, but deep earthen dishes, provided they are sweet and do not leak—will better answer the purpose. After breakfast or dinner, do not put away the remnants of steaks or roasts on the platters, but look them over, and put by themselves any pieces that can be used again, or in made dishes. Then put all the bones, trimmings, fat, gristle, and everything, especially the platter gravy, which usually flavors the dishwater, into the 'catch-all.' If you have just one bone from a steak or chop, if it be not burned, it is worth say-

ing, and in cool weather will keep till you have another. If there be a teaspoonful of any vegetables, a stalk of celery, an egg, a baked apple, or a bit of macaroni, put them away neatly. You will find a use for them. If you have boiled a fresh tongue, a fowl, a leg of lamb, or a cup of rice, plan to make a soup also, and thus save the water."

Col. Ben Thurston, a veteran New England "tavern keeper" of the olden time, used to say that he always gave his guests a good soup to begin their dinner with, as it saved a good deal later in the bill of fare. The Americans do not eat soups enough. In Berdan's Sharpshooters, in the winter of 1861-62 at Washington, was a company of Swiss riflemen, most of whom had seen army service at home. They were noted for their robust health, and Captain Trepp, their commander, himself a veteran Swiss soldier, said it was because they all knew how to make a good soup, which our Yankee soldiers knew nothing about.

#### **For Making Soup Stock.**

Use beef, as a rule, for brown stock. Remnants of cooked mutton may be used, but do not use raw mutton, except for mutton broth. Take off all the fat possible. Cut the meat into small pieces and crack the large bones. Put all into cold water in a tightly covered kettle, and let it soak awhile. Then simmer, but not boil, for several hours. If there are marrow bones, they should be cracked and the marrow taken out, which is the best sort of fat for stock. In adding the remnants

of cooked meat care should be taken to remove the burned or smoked parts, and the stuffing, if there is any. A quart of water is the allowance to each pound of meat and bone. If the meat has all been cooked, a quarter less water is enough. It is not essential to remove the scum, if the materials are clean and good to start with. The "scum" due to any other cause than dirt is the very material we are seeking. The fat may be taken off when the stock is cold. The seasoning for the stock generally is a teaspoonful of salt, half a salt-spoon of white or black pepper, two cloves, two allspice corns, a little celery salt, and such dried herbs as are fancied—sage, summer savory, thyme, sweet marjoram and bay being the common sorts. These may be varied at will. We do not think it wise to use any vegetables for flavoring the stock. After the stock is made it can be flavored for each soup as desired. When the meat has been simmered until all the goodness is out of it, strain the stock. If the water has boiled away more than half, the stock may be diluted when used as a basis for any kind of soup.

White soup stock is made from veal or fowl, and any seasoning which would color it should be avoided. Milk or cream may be used to enrich it.

With these two stocks almost any kind of soup may be made, in which stock is to be used.

The average housekeeper will not use many of the herbs which are found in most rules for soups, nor are they absolute essentials. They are not always easy to obtain, and the delicate results attained by using them are not fully appreciated by the average palate. So that the fact that they are

specified in the recipe need not prevent its use, although all the ingredients named are not at hand.

### **Consomme.**

This is the brown stock clarified, which is done after the fat is removed, by adding the white and shell (keep out all the yolk) of an egg to a quart of stock. Mix thoroughly with the stock while cold, and season with a salt spoonful of celery seed, the rind and juice of a lemon, and salt and pepper if needed. Boil ten minutes, and strain through a fine strainer. Heat to boiling again before serving. Wine or lemon juice may be added.

### **Consomme Royal.**

This is consomme with a custard cut into cubes, and put into the soup after it is put into the tureen. The custard is made thus: Take two eggs and beat them several minutes. Add some salt and five tablespoons of cold consomme, and beat three minutes more. Put this into a buttered cup, set in a pan of warmish water and cover with a piece of buttered paper. Place the pan in a moderate oven and bake half an hour. It is done when it will not adhere to a knife. Chill and cut into small dice, and put into the soup.

### **Bouillon.**

This is the soup stock with water added to reduce to strength desired. It is served in cups.

### **Julienne.**

Cut up mixed vegetables—celery, turnip and carrot, into small pieces, bring a quart of stock to a boil, and put in the vegetables and cook until

soft. In their season other vegetables—asparagus, peas and string beans, may be used.

### **Ox-Tail Soup.**

The ox-tails can be had in a city market. In the country they must be saved from the killing, or procured at the butcher's, if at all. Two of them will make a family soup. They are to be washed and cut up at the joints. Brown an onion, cut fine, in hot beef drippings, and brown a part of the meat. Put all into four quarts of cold water, with four cloves, four pepper corns, and a tablespoon of fine herbs tied in a piece of strainer cloth, and a tablespoon of salt. Simmer slowly till the meat separates from the bones. Skim off the fat, and strain and serve hot. Vegetables can be cooked in the soup if desired. Some of the joints of the ox-tails should be served with the soup.

### **Mock Turtle Soup, No. 1.**

Boil slowly the meat from a calf's head, dressed with the skin on, in four quarts of water, with a tablespoon of salt, and, when cold, cut the face meat into dice, reserving the best for force-meat-balls. To the liquor add six each of cloves, allspice and pepper corns, a small piece of stick cinnamon, a bouquet of herbs, two small onions, a carrot, a turnip, a piece of celery root, and simmer until reduced to two quarts. Strain and cool. Remove the fat, and put on to boil, seasoning with a salt spoonful each of ground marjoram or thyme and pepper, and salt to taste. Take a pint of brown stock, two tablespoons of butter browned, and two tablespoons of flour, and make

a thickening, which stir into the stock. Boil three eggs twenty minutes, and make the yolks into egg-balls, or cut the whole eggs into half-inch slices. Make force-meat-balls of the meat reserved, by chopping very fine, seasoning highly, and add enough of the beaten yolk of an egg to moisten the meat. Make this into balls the size of a hickory nut, sprinkle them with flour, brown some butter in a pan, and brown the meat balls. Put the force-meat balls and egg balls into the tureen, pour over them the soup, and serve very hot. A glass of sherry wine, or a tablespoon of Worcestershire sauce is sometimes added.

#### **Mock Turtle Soup, No. 2.**

A mock turtle soup can be made without calf's head, but it is not so nice. The foundation is black beans, of which a pint are soaked over night. Fry some slices of salt pork brown, and put in an onion, which should be browned. Cut up a pound of lean beef in small pieces into five quarts of cold water, put in the beans, the pork and the onion, and simmer slowly for three hours. Add slices of carrot and turnip, and a dozen cloves, and simmer another hour. Strain and return to the stove. Slice one or two hard boiled eggs, and a lemon, into a soup tureen, season the soup, and pour it over the eggs and lemon. A wine glass of sherry improves it.

#### **Corned Beef Soup.**

A very good soup may be made of the pot-liquor in which corned beef, or if the flavor of vegetables is not objectionable, of the liquor in which an old-fashioned "New England dinner"



has been boiled. To most people, however, the plain corned beef liquor is preferable, and it may be used as the stock for split-pea, bean or other vegetable soups.

Remove the grease from the liquor, and add a can of strained tomatoes. Season with tomato ketchup, and boil half an hour.

### **Tomato Soup.**

The use of stock in making Tomato Soup is not essential, as a very good soup can be made with one can of tomatoes, strained, one pint of hot water, one tablespoon each of sugar, butter, flour, chopped onion and parsley, a teaspoon of salt, and a saltspoon of pepper. Fry the onion and parsley with the butter for a few minutes, add the flour, mixing smoothly, and turn all into the hot tomato. Let it simmer ten minutes. If stock is used, omit the hot water and butter. The flavor of onion is often objectionable, and the use of it is optional.

### **Chicken or Mutton Broth.**

Allow one quart of cold water to each pound of meat. Remove skin and fat, cut the meat in small pieces, and crack the bones, season with salt and pepper, and heat slowly, allowing to simmer until the meat is in shreds. Strain the liquor, removing any grease from the top, and add a handful of rice, well washed. Let it boil until the rice is tender.

In making chicken broth the meat of the chicken may be removed from the bones, when tender, and the nicest parts be cut in small pieces and added to the broth, with a half cupful

of cream, just before serving. A small pinch of curry powder, or a leaf of fresh mint, makes an agreeable seasoning as a change.

### **Vegetable Soup.**

If this is to be made without stock, use one-half cup of butter or beef drippings, in which fry one thinly sliced onion, and when a golden brown stir in carefully, to prevent burning, one tablespoon of flour, pour in, a little at a time, one quart of hot water, then add one well washed and scraped carrot, one parsnip, one turnip, a piece of cabbage, and one large potato, all cut in dice or chopped. Other vegetables such as tomato, parsley and celery may be added if desired. Season to taste with salt and pepper, and simmer until the vegetables are tender, adding more hot water, if necessary. When using stock, omit the butter and hot water, three pints of stock making this soup very delicious.

### **Mock Bisque Soup.**

Mix to a smooth paste one tablespoon of flour with two heaping tablespoons of butter, add one quart of boiling milk, a little at a time to prevent lumping. Stew one can of tomatoes until they can be strained easily, and, if very acid, use one-half teaspoon of soda; pour into the thickened milk, seasoning with salt and pepper, and serve very hot.

### **Split Pea Soup.**

Soak one quart of dried split peas all night, or if the soup is to be used for a late dinner, the peas may be put to soak in the morning. Boil

slowly for three hours in four quarts of water, the soaked peas and one pound of partly lean salt pork, until the liquid is reduced nearly one half. Strain through a colander, rubbing the peas through as much as possible. Season with celery salt, salt, pepper, onion—if desired—and thicken with one small tablespoon of rice flour mixed in cold water. Simmer for ten minutes longer, and serve in a tureen with strips of crisped bread or croutons.

The crisped bread is prepared by thickly buttering thin slices of bread, and setting them in a hot oven until crisp, when they can be cut in narrow strips or dice and scattered on the top of the soup.

Pea soup is quite palatable made without meat, in which case a piece of butter the size of an egg should be boiled with the peas. If celery is in season, it is preferable to celery salt for seasoning. Stock, corned beef liquor, beef or ham bones may be used instead of salt pork. Beans may be used in the same way, but they should be washed in warm water after soaking over night.

### **Green Pea Soup.**

Shell half a peck of green peas, put the pods into a soup kettle, with plenty of cold water, and set over the fire to boil until tender; drain, return the water to the kettle, put in the peas, and let boil for half an hour; take out a pint of the peas, mash the remainder in the soup; add three pints of milk and the whole peas, let boil two or three minutes. Beat an egg, mix with a tablespoon each of butter and flour, mix gradually into the

soup, take from the fire, season with salt and pepper, and serve.

### **Green Pea Soup, No. 2.**

Make a thickening of a quart of chicken broth or white stock and three ounces of flour, and stir it into two quarts more of boiling hot broth or stock. Salt, and put in just a smack of sugar, and a quart of green peas, and keep stirring till the soup comes to a boil. Simmer till the peas are done. Take care not to burn. Add butter or cream to enrich it, and serve hot.

### **Puree of Green Peas.**

A puree of green peas is made of two cups of tender young green peas, a quart of chicken broth, a small slice of salt pork, one onion, a carrot, some sprigs of parsley, a branch of soup celery, a bay leaf, a sprig of thyme, two cloves, a teaspoon of pepper, half a cup of rich cream and one tablespoon of butter. Put the salt pork in a pot over the fire, and when it has fried a light brown add the onion and carrot, sliced fine; the parsley, cut fine; the bay leaf, thyme, celery and cloves. Fry the vegetables a delicate brown, drain off the surplus fat and add the chicken broth and the peas. Let the soup cook slowly for an hour. Then remove it from the stove and strain it through a puree sieve. Add the cream, heated scalding hot, and the butter. Serve the puree with little square croutons of fried bread.

### **Green Peas and Tomato Soup.**

Canned peas and tomatoes are generally used in the soups. Rinse a can of peas in cold water

and cook them with two and one-half cups of tomatoes, three cups of hot water, two slices of onion, a bit of bay leaf and ten peppercorns, for twenty minutes. Rub through a strainer and thicken with three level tablespoons each of flour and butter. Add salt, pepper and one-quarter teaspoon of soda, also a little sugar if liked. Strain and serve with croutons, which are made by buttering stale slices of bread, cutting them into small cubes and crisping in a moderate oven.

### **Bean Soup.**

Having soaked a quart of beans over night, simmer them with a piece of shin beef for three hours. Then flavor with onion, if liked, a bay leaf and a bit of parsley. Simmer another hour, take out the meat, press the beans through a fine sieve, and put them back into the liquor, and season. Thorough cooking and fine straining are the secrets of good bean soup.

### **Black Bean Soup.**

One of the best of soups is made thus: One quart of beef stock, one pint of black beans, boiled in one quart of water until soft, then strain into the beef stock, adding one cup of thickening, one-half teaspoon of clove, cinnamon and celery salt, one quarter of a teaspoon of curry, and salt to taste. Add the juice of two lemons when ready to serve.

### **Corn Soup.**

This may be made either with fresh sweet corn or canned corn. If fresh corn is used, cut and

scrape from the cob all the corn and pulp, and to a pint of corn allow a quart of water; boil it an hour, and press through a colander. Melt, in a sauce pan, a tablespoon of butter, into which stir smoothly one tablespoon of flour. Season with cayenne pepper and salt, and add, with a pint of hot milk (and a cup of cream, if you can afford it), to the hot corn and water. Let it stand a few minutes before serving, but do not let it boil after the milk is added.

### **Hulled Corn Soup.**

There is a distinctive flavor to hulled corn that is especially agreeable to many, particularly to those who have been accustomed to this dish in childhood. But often the corn is not quite tender, or one wishes to serve it in a more modern way, and a soup or puree will be found to be both novel and delicious. If the corn is tender, mash it until fine and sift it through a puree strainer; otherwise chop the corn fine before sifting. Then gradually stir in hot milk enough to make it the consistency of any cream vegetable soup. Put it on to boil and add salt and pepper to taste, and a generous tablespoon of butter for each quart of the mixture. Serve it with croutons. It will have a slightly granular texture and if this is not liked, you may add the usual flour thickening—one tablespoon of butter and one tablespoon of flour cooked together, and stirred into the hot soup. If a corn puree is desired, simply mash and sift the corn, heat and season to taste with butter, salt and pepper, and serve as a vegetable, or as a garnish for sausage or pork chops.

**Cream of Celery Soup.**

Wash and cut into inch pieces one bunch of celery, boil it in one pint of salted water, until tender enough to mash, and strain. Melt one tablespoon of butter and one tablespoon of flour together until smooth, and stir into one pint of hot milk or cream; then add to the celery, with salt and pepper, and boil all together for five minutes. A few drops of onion juice improves this dish for some people. A good and easy way to get onion juice is to rub the onion, after the outside skin has been removed, on a rough grater. Four to eight drops gives a suggestion, without the positive onion flavor.

**Cream of Celery with Stock.**

This is a delicious soup. It requires a white broth for stock, and in this (which may be made of veal) cook plenty of white stalks of celery, pass through a sieve, and thicken with flour mixed smoothly in milk. Add butter and stir it well. Some put in a lump of sugar, but we don't like that.

**Cream of Rice Soup.**

Two quarts of chicken broth, one teacup of rice, one quart of milk (half cream is better), one onion, one stalk of celery, salt and pepper to taste. Wash the rice, add the onion and celery, and cook two hours; then strain through a sieve. Add the seasoning and the milk or cream, which has come to the boiling point. If milk is used, add a little piece of butter.

**Beef Jelly for Invalids.**

An excellent food for an invalid who has grown tired of beef juice and beef tea, is a beef jelly.

Cut a pound of the lean of beef as for beef tea, and cover it with a pint of cold water. Pour into a double boiler and put it aside half an hour, then put over the fire and heat to the boiling point and simmer half an hour. Skim the surface to remove any particles of grease. Soak one-third of a box of gelatine in two tablespoons of cold water, and pour the hot broth over it. Season to taste with salt, and pour into small cups to harden. Do not strain the broth (though a clearer looking jelly will be the result), as part of the nutriment is taken out by straining.

#### **Lobster Soup with Milk.**

Meat of a lobster, chopped fine; three crackers, rolled fine, butter the size of an egg, salt and pepper to taste, and a speck of cayenne. Mix all in same pan, and add, gradually, a pint of boiling milk, stirring all the while. Boil up once and serve. If the lobster is fresh and nice this soup is hard to beat.

#### **Cucumber Soup.**

Cucumber soup has a peculiar appetizing flavor of its own. It might be given a green tint by the addition of a little green coloring such as is used for cake and frostings, and with a few spoons of whipped cream over the top would be especially appropriate for a green and white luncheon. Pare cucumbers, taking off the ends, which may be bitter. Cut into slices and then parboil three cups for ten minutes. Drain and add to four cups of chicken stock with a slice of onion, and cook until soft. Rub through a sieve and thicken with one-quarter cup each of butter and flour rubbed



together. Season with salt and pepper, then add one pint of hot milk. Strain and serve.

### **White Almond Soup.**

Wipe and cut four pounds of knuckle of veal into small pieces. Break or saw the bones into small pieces also. Put into a soup-kettle with three quarts of cold water. Cook just below the boiling point for about four hours, then add one onion, two stalks of celery, one sprig of parsley, one tablespoon of salt and six peppercorns and simmer one hour longer. Strain, and when cold, remove the fat and put on to heat again. Cream together one tablespoon of butter and one heaping tablespoon of corn-starch. Add to the boiling soup and cook ten minutes. Add half a pint of cream, and salt and pepper to taste, then add two ounces blanched almonds pounded fine in a mortar, and serve.

### **Duchess Soup.**

Try two slices of carrot and onion in one and one-half tablespoons of butter four minutes, and add to four cups white stock with a blade of mace. Cook fifteen minutes, strain and thicken with one-fourth cup of butter cooked with one-fourth cup of flour. Add one teaspoon salt, one-eighth teaspoon pepper, one pint hot milk and one-half cup grated mild cheese. Strain and serve.

### **Victoria's Soup.**

The Boston Sunday Globe gives this as Queen Victoria's favorite soup. Observe that it has no onion in it.

“One cup of cold roast chicken, chopped as

fine as powder, a pint of strong chicken broth, a cup of sweet cream, half a cup of bread or cracker crumbs, three yolks of eggs, one teaspoon of salt, one-half teaspoon of pepper. Soak the crumbs in a little of the cream. Bring the broth to boiling point and add the meat. Break the eggs, separating the yolks and whites. Drop the yolks carefully into boiling water and boil hard, then rub to a powder and add to the soup with the cream and the seasoning. Simmer ten minutes and serve very hot."

#### **Beef Tea.**

I consider the following the best way to make beef tea, as it secures all the juice from the meat better than if it is boiled in the water. Cut lean beef into small pieces, put them into a jar with a tight cover, and place the jar in a kettle of cold water, and bring to a boil, cooking the meat until the juice is all extracted.

#### **Mulligatawney Soup.**

Good stock, or mutton broth, to the amount of a pint, is used, into which cut up a chicken, and boil half an hour. Curry powder flavors it. If you desire an onion flavor besides, cut up and brown two small onions in butter, and add them. Simmer all over a slow fire for a little time, and just before serving add half a cup of cream. If cocoanuts are in season you may use cocoanut milk with lemon juice instead of cream.

#### **Potato Pot.**

We copy this recipe from Table Talk's Cook Book, because it sounds both savory and economical: "Cut a thin slice of bacon into small pieces,

put it in a frying pan, and add any beef or mutton left over from breakfast; add a sliced onion, stir until the whole is brown, turn into the soup kettle with three pints of cold water, a bay leaf and a sprig of parsley, simmer gently an hour, strain, add two potatoes cut into dice, boil ten minutes, season and serve."

### **Giblet Soup.**

Take the giblets of half a dozen chickens. Put an onion, a piece of turnip and a carrot, all in slices, into a fry pan with butter. When they begin to brown, sift in a tablespoon of flour, and put in the giblets, and brown them all. Then put the whole into a gallon and a half of water (a part of it may be stock), and simmer four hours. Season to taste, and pour over the yolks of hard boiled eggs in the tureen.

### **Poor Man's Soup.**

Take two quarts of boiling water, four table-spoons of beef dripping, an ounce and a half of butter and a pint of sliced raw potatoes, and boil an hour. Tear up the tender leaves of a white cabbage, and put in the soup and boil for ten minutes, season to taste, and serve on thin toast in the tureen. The chances are you will wish you had begun with some good stock.

### **Bread Soup.**

This may be quickly made, and will dispose of stale bread crusts. Take a pound and a half of these, two or three ounces of butter, a quart and a half of stock, and boil them together and stir well. Three-quarters of an hour is long enough.

**Points on Soups.**

Soft water, as a rule, makes better soup than hard water.

For a soup of average richness a quart of water to a pound of clear meat is about right. Of course the less water the richer the soup.

Do not let the water into which meat is put for a soup boil for half an hour or more. Heat it slowly that the juices of the meat may be extracted. But when once put to boiling, have it kept boiling slowly, or just simmering, till the end.

Different vegetables require different times for cooking, of which fact notice must be taken in putting them into the stock. Onions may be put in with the meat; carrots and celery not until the soup has boiled three hours; turnips half an hour before the soup is done.

In making thickening for a soup rub the butter and flour together, and then add to the hot liquid.

## The Best Soup Stock.

We give herewith rules for making a large number of different soups. The basis of most of them is what we call a soup stock. We have told how to prepare the stock, but the process is somewhat complicated and involves no little trouble, and the inexperienced cook may easily be discouraged by the uncertainties, as well as the difficulties, to be overcome. There is a way out of all this, a certain, an easy, and not a very expensive way. It is to buy an extract of beef, and with a saucepan, a spoon, and a fire the stock is quickly produced of the very best quality and in the very best order. What extract, do you ask? We have no hesitation in answering Liebig Company's. We have used it many times, and we always have a good soup. One does not have to get red in the face over the fire simmering a soup stock for hours. Let the teakettle boil, open your jar of Liebig Company's Extract of Beef, stir the requisite amount of the pasty contents into the water, and there you are. Then you can make the soup you desire by the recipe you like. There are many beef extracts in the market. There is only one Liebig Company's, which may always be distinguished from inferior and imitation sorts by the signature of Justus von Liebig, the great chemist, its inventor, which is printed in blue across the label of each jar. If you use that you are sure to have uniformly good and reliable soup stock. You can use it always, or you can use it in an emergency. But if you use any, use Liebig Company's.



# Fish.

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FISH of some sort may be had almost anywhere. In these days of cold storage and refrigerator cars, even the sea fish may be had quite fresh and palatable in the interior.

And one can find raw oysters on bills of fare all the way across the continent, and almost as fresh as in Baltimore or Providence.

Fish, when fresh and properly cooked, is a luxury. There are few articles of food, however, on which the average cook is so ignorant, or so often fails. Even the little fish of our fresh water streams and ponds may be so presented and garnished as to make most acceptable dishes, and our shad, salmon, brook trout, lake trout, land-locked salmon, pickerel and bass are among the best fresh water fish. There is no fish which needs to "hang" to improve its edibility. The sooner it reaches the fire after it leaves the water the better it is. In this it differs from every known meat, unless there is a foundation for the fad that a broiled chicken is best if killed and served within fifteen minutes. A white-meated fish is more readily digested than one of dark meat, for the reason that its oil is concentrated in its liver, instead of being spread through the whole body.

It is not easy to cook a fish properly, unless one knows how, and, in broiling, a special skill is required to thoroughly cook the fish and not break it up.

We include shell fish under the general head of fish, and put our fish recipes all together.

### **Oyster Stew, No. 1.**

Put one quart of oysters into an agate sauce pan and let them simmer in their own liquor until the edges curl. Put a quart of milk into a double boiler, and, when boiling, add the hot oysters and let it stand ten minutes where it will keep hot, but not boil. Pour into a tureen, and season with a piece of butter the size of an egg and with salt and pepper.

### **Oyster Stew, No. 2.**

Here is a rule which is vouched for by one of the best of cooks: "Put one quart of oysters and one-half pint of water into the double boiler and boil until the oysters are cooked. Then strain, putting the oysters into a soup tureen and the liquor back into the boiler. Add one pint of milk and heat boiling hot, seasoning with pepper and salt. Add a piece of butter to the oysters and pour the hot liquor over them."

Another way is to heat the milk boiling hot before adding the oysters, after which let it come to the scalding point, season to taste and serve.

### **Fish Chowder.**

This has been given to us by a locally famous cook: "In a deep porcelain chowder kettle fry thoroughly four or five pieces of pork cut very



thin. Take about six pounds of haddock, cut into thick pieces, and about one dozen and a half potatoes, sliced not too thin. After the pork is fried take it out, and into the same kettle put the fish, potatoes and a little chopped onion in alternate layers (the onion may, of course, be omitted by those who don't like it); cover with boiling water and let it boil until the potatoes are quite soft. Then add one pint of milk, a very small piece of butter, a tablespoon of thickening, and pepper and salt to taste. Just before serving, cut the pork into small pieces, or dice, and add to the rest. Pour into the tureen and add four or five Boston chowder crackers."

A criticism has been made on the above to the effect that it would be an improvement to slice the onion and fry it brown in the pork fat.

Our Practical Cook adds that almost any fish can be used for a chowder, although fresh cod and haddock are the favorites.

In camp a trout chowder is a delightful change of fare.

#### **Clam Chowder, No. 1.**

Proceed as for fish chowder, adding one pint of clams instead of fish.

#### **Clam Chowder, No. 2.**

Proceed as for clam chowder No. 1, chopping the clams before adding, and add one cup of canned tomato. Serve very hot.

#### **Creamed Oysters.**

Mix one tablespoon of flour very smoothly with a little cold milk or cream, stir it into one pint of boiling cream, and allow it to cook ten minutes,

but take care not to burn. Let the oysters come to a boil in their own liquor, strain and add the oysters to the cream. Salt and pepper to taste. A flavoring of onion and mace may be added to the cream, if desired.

### **Oyster Fricassee.**

Melt one cup of butter in a frying pan, put in two quarts of oysters, and let them come to a boil, then add one cup of cream, pepper to taste, a tablespoon of flour mixed smoothly in a little cold milk, and let it boil gently until the oysters are done, when remove from the fire, and add the yolks of three well beaten eggs. Pour over a platter of hot toasted crackers. Serve hot.

### **Fried Oysters.**

Choose only large oysters, wash them in their own liquor, and shake them free from the liquid. Dip them in fine cracker crumbs, which have been well seasoned with salt and pepper, and place, so that each oyster will touch the bottom, in a hot frying pan with equal parts of butter and lard; enough to cover the bottom of the pan. When the oysters are puffed and brown on one side, turn each one separately, with a thin knife, adding more butter and lard, as it is needed, to keep the oysters and crumbs from sticking and burning. Serve very hot, garnished with thin slices of lemon.

### **Oyster Purses.**

This is an English recipe. Take three dozen large, fat oysters, season with salt and cayenne, and lay in a sieve to drain. Stew the liquor down, thicken with a tablespoon of butter rolled in flour;

let cool, dip each oyster into the sauce until well coated. Roll a sheet of puff paste out thin, cut out in rounds, lay an oyster on each, gather the paste up with the fingers, pass a thin strip around it twice, and tie. Flatten the bottom so as to give a bag-like shape, and fry in boiling fat. Drain on brown paper and serve hot.

### **Oyster Pie.**

One quart of solid oysters, one quart of milk, ten large oyster crackers rolled fine, pepper, salt, and a small piece of butter. Stir all together, and pour into a dish lined with a thick puff paste. Cover with an upper paste and bake three-quarters of an hour.

### **Escalloped Oysters.**

Most cooks when preparing a dish of escalloped oysters place the cracker crumbs and oysters in layers, but a lady who always has success with them mixes the ingredients all together, stirring them well. Nicer oysters I never ate than hers.

Another way is to sift the cracker flour out of the rolled crumbs, as the coarser crumbs are better for oysters. Melt two tablespoons of butter and mix with the crumbs, and then in a buttered dish place the crumbs and oysters in layers. Season with salt and pepper. Use no milk, and bake in a moderate oven.

Good sherry improves escalloped oysters to some tastes.

### **Brolled Oysters.**

Only large oysters are really fine to broil. Take them from the liquor, and dry them with a napkin; dip into melted butter and put into the

broiler and let the surplus butter drip off, and broil on both sides over a bright fire. Butter when done, and serve on buttered toast, with pieces of lemon.

### **Plain Lobster.**

The lobster is the most popular and most valuable of our shell fish. The meat is delicious, even without any accompaniment. To relish it most highly one should be, say on a New England harbor pilot boat, with an appetite born of the salt air, and with the lobsters just from some fisherman's "lobster pot," and boiled on the cook's fire in sea water. As soon as they are cool enough to handle the repast is ready, and not even salt or pepper, "or any such thing" is needed to create a relish. Most people buy their lobsters ready boiled. If one can readily secure live ones, one can be sure that they are fresh by boiling them himself. The lobster should be put head first into the boiling water, that it may be instantly killed. If good clean sea water is not attainable, add four ounces of salt to a gallon of the fresh water used.

Ordinarily plain lobster is dressed with vinegar and pepper, and salt, if needed. The really most toothsome morsels of the flesh are to be found in the complication of small bones which form the junction of the claws with the body. The "fish man" will crack up the claws and shell if asked, and that is a good idea, as it is rather difficult to do in the kitchen. It need not be suggested that a stale lobster is worse than disagreeable. It is dangerous. The value of a lobster is determined by its solidity. "Light lobsters" are not desirable.

**"Tom Alley" Sauce.**

A veteran Boston pilot gives this rule for a sauce which I have found excellent. Take the "Tom Alley," or green fat, of five or six freshly boiled lobsters, and season with salt, red pepper, lemon juice or vinegar, and add a tablespoon of either good salad oil, or melted butter. Stir all well together, and dress the plain lobster. The proportions of the seasoning will vary with the taste of the mixer, and the amounts with the size of the lobsters.

**Escalloped Lobster.**

Pound the meat in a mortar moistened with a little butter, and seasoned with salt and red pepper. Put the pounded meat into the empty shells, cover with bread crumbs and bake. A "nappy" will answer instead of the shells.

**Stewed Lobster.**

Boil the shells from which the meat has been taken in a pint of water, seasoned with a blade of mace, and some peppercorns. When the goodness is extracted, strain and mix with the liquor the pounded coral and "Tom Alley," and add some melted butter, and a wine glass of white wine and the juice of half a lemon. Pick up the meat of the lobster, add it to the liquor, bring it to a boil, and serve hot.

**Lobster Cutlets.**

Pound the meat in a mortar with the coral, and a seasoning of salt, cayenne, a bit of nutmeg, and a bit of pounded mace. Add the yolks of two well-beaten eggs, with the white of one, and a tea-

spoon of anchovy paste. Mix all well together and roll out on a dusting of flour, in a mass about an inch and a half thick. Cut into cutlets, brush with egg, cover with bread crumbs, and fry brown in butter.

### **Lobster a la Newburg.**

Make a cream of half a pint of cream, one tablespoon of butter, a tablespoon of flour, the yolks of two eggs and a seasoning of salt and cayenne pepper. Put the meat of a large lobster, cut in small pieces the size of a filbert, in a double boiler, and when hot add the cream, allowing it to come just to a boil, then add the juice of half a lemon, and a wine glass of sherry, or more, to suit the taste. This dish must be served very hot, and makes a good recipe for the chafing dish. Oysters, fresh fish, sweetbreads, or scallops are delicious served with this cream.

### **Broiled Finnan Haddie.**

Place the fish on a buttered broiler and broil on both sides until brown. Remove from the broiler, and let it stand in hot water enough to cover it, for ten minutes, drain and place on a platter, seasoning it with butter and a little pepper, if desired.

Dried herring is also very nice treated in this way.

### **Fish a la Creme.**

Mix smoothly in one cup of cold milk a tablespoon of flour, stir it into one cup of boiling milk, and, when thick and smooth, add the meat of any cold fish, picked free from skin and bones. Season with salt, pepper and a tablespoon of but-

ter. If the cream is desired to be extra rich, one well beaten egg may be added one minute before removing from the fire. Serve hot. A pinch of cayenne or a saltspoon of paprika is relished by many.

### **Baked Fish.**

Fish is better if baked in an agate pan. Place the fish, after it is washed and cleaned, in the pan, score the top, and place pieces of butter or salt pork in the cuts, season with salt, and dredge lightly with flour. Put a very little water in the pan to prevent burning, and baste the fish with the juice of the pan water and melted butter. Bake until the flesh is firm and white.

A stuffing for whole fish may be made of crackers soaked in milk and well seasoned with salt, pepper, butter and sage or other herbs.

### **Boiled Fish.**

The same remark applies to boiled fish as to baked fish—it is much better if boiled in an agate kettle. Thoroughly wash and clean the fish to be boiled, dredge with salt and tie in a thin cloth, and plunge in boiling water, to which one tablespoon of vinegar is added. Boil a fish weighing four pounds twenty-five minutes. Serve with drawn butter or egg sauce.

### **Fried Fish.**

Wash the pieces of fish to be fried partly dry, by draining on a towel, and dredge with flour—some use cornmeal, but flour makes a smoother crust when fried. Fry in half butter and half lard, taking care in turning the pieces to keep them

whole. If the pan in which the fish is frying is kept covered, the flesh of the fish will be much whiter and juicier. A way preferred by many is to fry crisply, salt pork enough to furnish the necessary fat, and serve the pork with the fish. The slices for frying should not be too thick. They must be thoroughly cooked.

### **Fish au Gratin.**

Thoroughly wash the fish and remove the skin and bones, cut in smallish pieces, season with salt and pepper, and place a layer in a well buttered dish, pour over enough "brown sauce" to moisten, add a layer of fish and of sauce, covering all with breadcrumbs soaked in melted butter. Bake half an hour. Left over baked or boiled fish may be utilized in this way; and grated cheese on the top adds to the toothsome-ness. Cheese seems "to go with" fish as naturally as lemon juice.

### **Broiled Shad.**

Mrs. Lincoln gives these directions for the broiling of a shad:

"Split the shad down the back, lay it open, clean, remove the back bone and as many of the fine bones as possible, and wipe dry. Brush all over with oil or melted butter. Lay it on a greased broiler, and cook over coals or under gas, flesh side first until brown, then turn and cook the skin side until crisp. Meanwhile have prepared one large tablespoon buttered cream with one level teaspoon salt, one saltspoon pepper or paprika, one tablespoon lemon juice or walnut catsup and one tablespoon minced parsley, and when the fish is



on the platter spread this over the surface and make several incisions that it may penetrate the fish. Garnish with lemon points and parsley, and serve very hot."

#### **Brolled Halibut.**

One slice of halibut cut from the tail end of the fish but not the extreme end. In a tin baking pan lay a few slices of onion and a bit of bay leaf. After the fish has been wiped with a clean damp cloth, spread one side with butter and lay the buttered side on the onion; sprinkle with salt and lay in the broiling oven and watch it carefully. If necessary turn it without breaking, and when nearly done spread with a mixture of melted butter thickened with bread crumbs, and let brown. Serve in a platter, garnished with parsley. If onion is not liked it can be omitted.

#### **Baked Halibut.**

Having sufficiently baked a piece of halibut, say two or three pounds, which should be basted freely with milk, it can be served with a cheese sauce, made in this way: Melt a tablespoon of butter, add a teaspoon and a half of corn starch, and pour on slowly three-fourths of a cupful of milk; add half a pound of soft rich cheese, cut fine. Season with salt, mustard and cayenne. Add a beaten egg as soon as the cheese is melted. The combination with fish is fine. It will remind you of Taft's at Point Shirley.

#### **Court Bouillon.**

New Orleans furnished this: Fry fish steak, such as halibut, in a little butter and lard not

quite done. Take out and add to the gravy two tablespoons of flour, one of Worcestershire sauce, some ground cloves, mace, one-half onion and a little thyme. In another pan stew one pint (or four large) tomatoes till thoroughly done, pass through a sieve and add to the gravy, blending all smoothly and thoroughly. Pour over the fish, let all stew together for three or four minutes, and serve immediately.

### **Brook Trout.**

The best brook trout comes from a quick mountain stream, and will not exceed four ounces in weight. A cultivated brook trout is very indifferent eating. To cook brook trout have them thoroughly washed, inside and out, and roll in fine Indian meal. Fry in hot pork fat, which is much better than lard or butter. Fry crisp.

### **Fish Timbales.**

Put one-half cup of cream or milk into a saucepan with two tablespoons of fine stale bread crumbs, add salt, cayenne, a tablespoon of lemon juice, a teaspoon of minced parsley, a few drops of onion juice (parsley and onion not absolutely essential); when hot add one cup cold boiled or canned salmon, or any dry, white fish, mashed very fine; when boiling pour it over the well-beaten yolks of three eggs; fill well greased timbale cups two thirds full, set them in a pan of hot water, and bake about fifteen minutes, or until firm. Serve with Hollandaise sauce.

Of course the timbale cups can be omitted, and the mixture can be baked in a mass.

**A Salt Fish Dinner.**

Rightly prepared this a luxury. The first essential is real cod fish, and you cannot be sure of this unless you know what real cod fish is, and buy it without disguise. If you take the "boneless" article, or the "shredded" article, or any other prepared fish, you don't know what you are getting—cod, haddock, hake or pollock. If the fish is too dry, put it down cellar a day or two and it will absorb moisture enough to enable you to pick it up. Then let it simmer slowly at least two hours, but not actively boil, and change the water occasionally. Fry dice of good salt pork until they are crisp, and leave them in the fat, or a part of it. Boil new beets, and new potatoes, and let those who eat mix the ingredients to their liking. If you like it at all, you are apt to like it exceedingly.

**Fish Toast.**

One cup flaked cold fish, free from skin or bones. Heat in water sufficient to moisten, add butter, pepper and salt. When hot pour on slices of buttered toast; garnish with eggs poached in muffin rings.

**Devilled Fish.**

Take two cups of any cold cooked white fish, measured after it has been flaked and the skin and bones removed. Scald one cup of milk, add one cup of fine bread crumbs—stale, not dried—stir over the fire for a moment, then take off; add one tablespoon of chopped parsley, the chopped yolks of three hard-boiled eggs, a dash of cayenne, one-quarter of a teaspoon of paprika, one scant tea-

spoon of salt, one teaspoon of onion juice. Mix and add the flaked fish. Fill shells or individual dishes, covered with fried bread crumbs, and heat in a quick oven. This will serve eight people.

### **Macaroni with Codfish.**

Soak one-half of a pound of codfish over night, drain and break it in small flakes, removing any skin and bones, and steam it until tender. On a platter arrange a layer of macaroni, then a layer of the fish; add a few slices of hard boiled egg, then another layer of the macaroni and the fish and set it over a steamer while preparing the sauce. In a saucepan put one tablespoon of butter, one tablespoon of flour, one quarter of teaspoon of salt, and one quarter of a teaspoon of pepper; stir over the fire until mixed, add one cup of milk, and stir until it is smooth and thick. Pour it over the fish and macaroni, sprinkle with finely chopped parsley and serve.

### **Planked Fish.**

A fish may be "planked" better in a gas stove than the ordinary range. Use a hard wood plank, preferably oak, a little larger than the fish, and serve the fish on the plank. Clean the fish and place it skin down on the plank. Sprinkle with salt and pepper, brush with butter or olive oil, and bake twenty-five minutes in a hot oven. Garnish with lemon and parsley.

### **A Pilot Boat Fry.**

The pilots have every facility for securing the freshest of salt water fish, and one of them says the only way to fry fish is to have pork fat enough

to submerge the fish, and fry the pieces as you would doughnuts. They must not be allowed to stick to the frying pan, and be broken up. In other words, the slices are to be boiled in very hot pork fat, until a nice brown.

### **How to Cook Fresh Mackerel.**

Broiling is the favorite way to cook these fish, but a cook who knows says if you bake them in a hot oven from a half to three-quarters of an hour, you will find them delicious, after buttering and salting them.

### **Fish Fricassee.**

Any fresh fish will do. Cut in pieces an inch square, removing the skin, and put in salted cold water to cover. Bring it to a boil, and then remove the water, and save it for a sauce. Keep the fish hot, and for every pound put in a saucepan a tablespoon of butter and the same of flour, and stir them thoroughly over the fire, and when mixed stir in a pint of the water, with half a cup of milk, stir smooth, season, bring to a boil, and put in the fish. The sauce must not be allowed to burn, and all should cook until the flakes begin to separate. Serve hot, and without breaking the fish.

### **Fish Souffle.**

Mix equal quantities of any cold cooked fish with mashed potatoes. Stir in half a cup of milk, season, stir in a beaten egg, and set in a hot oven in a buttered dish. When very hot, beat the white of an egg and stir it into the yolk, with salt and pepper, which put over the fish, and brown.

**Salt Fish Chowder.**

Boil the fish, removing the skin and bones, and pick into fairly large pieces. Pare and cut into dice three or four potatoes, and peel and slice two large tomatoes. Put a layer of the fish in a saucepan, a layer of potatoes, a layer of tomatoes, and a few pieces of lean ham as large as filberts. Then a sprinkling of chopped onion. Continue in this order till all your material is used. Add a pint of water, and cook slowly half an hour.

**Codfish Balls, No. 1.**

Pick one cupful of salt codfish in small pieces, free it from bones, and boil it with one pint of potatoes, cut in dice, until the potatoes are soft. Pour off the water, add a piece of butter the size of half an egg, a little pepper, and mash and beat all together; when cool, add one egg, and beat again. Shape into balls or cakes, and fry in hot fat.

**Codfish Balls, No. 2.**

The proportion of fish to potato is generally given as one to two. Too often there is too little fish. This rule gives half a pint of picked or shredded codfish to a pint of potatoes, the latter being boiled while the codfish is being picked. Then add the fish and cook until tender, drain and mash. An egg, a tablespoon of butter, and two tablespoons of cream should be mixed with the fish and potato. When cool make into balls and fry in very hot fat. Some roll in egg and bread crumbs.

**Baked Salmon Fish Balls.**

One quart of potatoes, one pint of canned salmon, one beaten egg, salt and pepper to taste. Dip the hands in cold water to form the balls.

Melt some butter and dip each in the melted butter. Place in a tin pan and put in the oven instead of frying the usual way. When brown on the top turn them over.

### **Salt Codfish in Cream.**

Soak all night one cup of salt codfish, picked in small pieces, and the bones removed, in enough warm water to cover. Make a cream of one tablespoon of flour, mixed smoothly with a little cold milk, stir this into one pint of boiling milk, and when thick add the codfish, and one tablespoon of butter, and serve hot. An egg improves it.

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### **Fish Pointers.**

This should be said in all fish rules: Fish should be well cooked. Underdone fish is an abomination, although cured fish may be eaten raw.

The strong fish taste, which is offensive in some sorts, comes chiefly from the skin. If that is taken off much of the rank flavor may be avoided. A mackerel and a blue fish are specially strong in flavor, among salt water fish, and a black bass and a trout among fresh water fish. It is easy to skin a fish, and for chowders this is always done. It may be done with boiled fish also. But for baking the skin must be left on.

Lemon is almost universally an adjunct of fish dishes. It corrects the fishy taste.

Fish, unlike meat, does not improve with age. The sooner it can be cooked after it is killed the better it will taste.

Finnan Haddies are the "Findleom Haddock,"

from a village called Findleom in Scotland, where these fish are cured in large numbers.

Fish contains much phosphorus, and is often called brain food.

The freshness of a fish is determined by the gills, which should be red and lively in color. The flesh should be firm and elastic also.

Sliced cucumbers are a proper accompaniment of fish and are generally served with them at good dinners.

Pure olive oil is one of the best materials in which to fry fish. Butter is the least desirable.

Boil a fish by beginning with cold water, and put in say four ounces of salt to a gallon. Boil a fish about ten minutes to the pound, but if large six minutes will do. At any rate have it done.

Do not leave the fish in the water after it is done. If not ready to serve, lay it where it will drain.

The ordinary hornpout or catfish may be made very palatable by putting in running water several hours before killing them. And any fresh water fish which has a brackish taste may be sweetened by soaking in salt water.

Thaw frozen fish by immersing in cold water.



# Beef.

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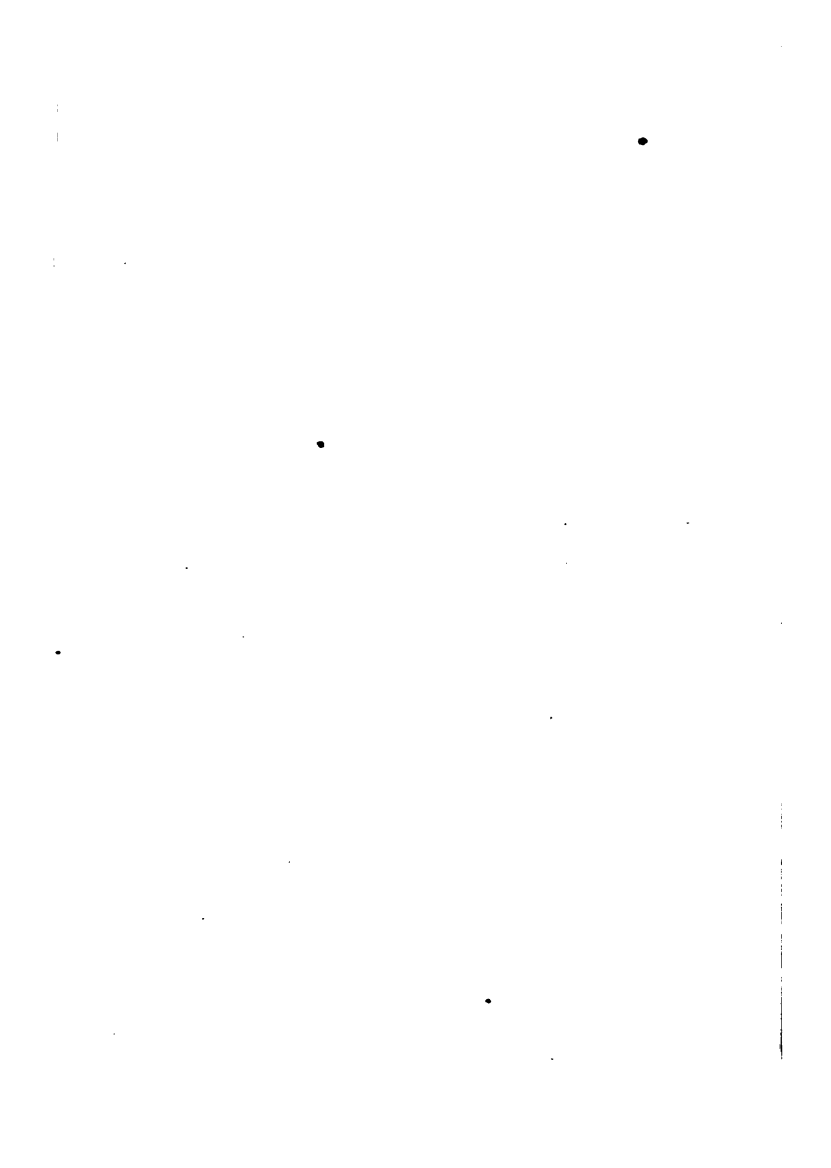


THE staple, and most common, flesh meat used in this country is beef. It is perhaps the kind of flesh that is least likely to pall on the taste, it is nutritious, healthful, palatable, obtainable, and generally in good condition. It is susceptible of an almost infinite variety of preparation for the table, and nearly everybody likes beef. It is the one meat sure to be found in every market, and that housewife is ignorant, indeed, who cannot go to market for a piece of beef with some degree of intelligence. The fattening and marketing of beef has been revolutionized in this country in the last twenty-five years. Domestic, home-grown beef in the Eastern States is a very small factor, even in our local rural markets. The steers and oxen which used to furnish most of the draft animals on our New England farms are now rarely seen, and as a consequence New England beef is rare in our markets. Indeed, most of our beef for the entire Atlantic coast comes from the west, and "Chicago dressed beef" is the great supply—and very good beef most of it is.

It is proper to note here, that in many recipes for cooking meat a great many things are often

## The Best Stove Polish.

“Old friends are best,” says the proverb, and Hood’s Practical Cook confesses to a belief in this philosophy. It is especially true of anything which has long proved its value, and whose continued popularity depends on tried and continued merit. A good thing vindicates itself. “Prove all things, hold fast that which is good,” has, like all Scripture philosophy, a sound basis. The housekeepers of the country illustrate this, when they buy and use, year after year, the reliable old Rising Sun Stove Polish, which the author of this Cook Book remembers as a constant resource in her mother’s kitchen for more years than she cares, for obvious reasons, to acknowledge. How many times she has applied the “Rising Sun” to the kitchen stove, of a Saturday afternoon, she could not tell. But the result always was a handsome, shining range, as good as new, so far as looks were concerned. And when the proprietors offered the “Sun Paste,” as a concession to the desire of some for a soft polish, we found the newer form to combine all the established virtues of the old. For a durable regular weekly blacking the Rising Sun has no rival among stove polishes. For a temporary brushing up, the Sun Paste is the ne plus ultra. It makes no dust. It can be used in a jiffy with only a piece of cloth. The Sun Paste Stove Polish is as much better than any other paste polish as the old reliable Rising Sun in cakes is better than any other dry polish. Truly the kitchen furnishing is incomplete without the Rising Sun Stove Polish or the Sun Paste.



prescribed which are not essential, but which, if available, and agreeable to the individual taste to be served, may add to the quality of the dish. Such are many herbs, parsley being the most common, perhaps, and a variety of vegetables, especially onions, which may be left out if not desired. When any one ingredient of this sort is considered absolutely essential, it will generally be found noted.

The same is true of "larding," which is often prescribed in cooking meat. Larding really means inserting small strips of salt pork in incisions made for the purpose, and a "larding needle" is used to do it with. But most larding by non-professional cooks means simply putting slices or strips of salt pork on the surface of the meat to be cooked.

So, too, where one particular piece of meat is prescribed, it generally means that that piece is preferable, but some other piece will often answer about as well.

### **The Care of Beef.**

The quality of a piece of beef for eating, provided it be fairly fat and not too old, depends on how it is handled between killing and cooking. The great secret of tender beef is ripeness. The keeper of a very successful summer hotel, whose steaks and chops are noted as invariably good, on being asked how he managed it, replied that he took care to buy good meat, and kept it long enough to insure its being tender. The time specified by him was "a week or more." Lamb or mutton needs to "hang" for some time (which is the technical term), but not so much as beef. Meats must be kept where it is cold, but not on

the ice. An ordinary ice-closet or refrigerator will do. The hotel keeper quoted above, said he used no fore quarter of beef for steaks or roasts. He generally buys whole sirloins, or the tip of the sirloin, for both, and he intends to keep enough on hand to enable him to "hang" the meat a sufficient time. The housekeeper, however, especially if she lives in a rural district, and depends on home-killed meat, or occasional visits of the butcher's cart, may with advantage use considerable of the fore quarter for both steaks and roasts. The chuck ribs are very good for either purpose, and there is a piece of the fore quarter, under the shoulder, which is quite tender and juicy.

### **Broiled Steaks.**

Almost every part of lean beef is used for steaks. The very best steaks in a beef's carcass are the thick end of the sirloin or large "porterhouse." Then there are the small porterhouse steaks, which furnish some tenderloin, then the sirloin steaks, the rumps, the chuck ribs, and the round. These all furnish better or poorer steaks, of varying cost. Some round steak is much better than some sirloin. It depends on the general quality and condition of the carcass, the care of the beef after killing, and the skill in cooking.

Some people must have their steak "all dried up," but those who can eat rare steak know what is best. "Thick and rare" is the order of the epicure. This does not mean "raw." Good butter is another desideratum. But only a good quality of meat is fit for a rare broiled steak. The poorer cuts want more cooking.

The broiling may take a few minutes longer, and more care, but a steak one inch and a half, or two inches thick, is far better to most people when served than one-half an inch thick; the latter is apt to be too well done, and dry.

Place the thick slice in a broiler over very bright coals, and turn often, to insure the quick cooking of the outside, thus keeping the juices in the meat, and allowing each side to be broiled without burning. Try the steak by cutting through the thickest part of the meat. When done it should be a deep pink inside. Put onto a hot platter, season with salt and pieces of butter scattered over the top, and place in the oven a few moments before serving. If all to be served like pepper, it had better be applied with the salt. Otherwise let each pepper his own portion.

#### **Beefsteak With Olives or Mushrooms.**

Make a sauce of one tablespoon of butter, and one tablespoon of flour, stirred in a saucepan until brown, then add, gradually, one cup and a half of soup stock, or beefextract, or plain hot water will answer, season with salt, pepper, a scant tablespoon of Worcestershire sauce, and one-half cup of cut up olives, or prepared mushrooms. Pour this around the broiled steak before setting it in the oven. The flavor of the olive is to many people a delicious addition. The mushroom flavor is less pronounced.

#### **Beefsteak Smothered With Onions.**

Slice the onions and fry in butter, stirring to prevent burning, until a golden brown. Broil the steak, and heap the onions around it on the platter.

Some cooks fry the steak with the onions, but in that way there is often a chance of the onions being burned or unevenly cooked, while the steak is certainly better if broiled.

### **Hamburg Steak.**

This may be made of any clear beef, from which gristle and fat have been removed. It is chopped very fine, and seasoned with salt, pepper and onion juice. Mix thoroughly, shape into cakes, brush over with melted butter, and broil over a clear fire. Instead of broiling, the cakes may be fried over a hot fire in butter or pork fat. Hamburg steak is a good way to utilize lean beef not quite good enough to make common steaks of.

### **Roast Beef with Yorkshire Pudding.**

Have the oven very hot for roasting, for this cooks the outside of the meat, keeping the juices in. Put the meat on a rack in the roasting or dripping pan, dredge it with flour, salt, and pepper, put a cup of water in the pan, and place in the oven. Turn the meat, when the upper side is brown, and baste with the liquid in the pan, or hot water, if it is needed. Allow fifteen to twenty minutes for every pound of beef; if the roast is to be rare the heat must be greater at first than if the meat is to be well done. When the meat is done remove to a hot platter, place the pan on the top of the stove, pour into it a cup of boiling water, and allow it to simmer with the brown juice in the pan. Mix smoothly one tablespoon of flour with one cup of milk and stir into the pan. Cook, stirring all the time, until smooth and thick, and strain into a gravy tureen.

**Yorkshire Pudding.**

This is a pudding to be served exclusively with roast beef, and is most delicious. Beat three eggs very light, add a small teaspoon of salt, one pint of milk, and two-thirds of a cup of flour. Add the flour gradually, stirring all the time, to keep the mixture smooth. Butter a pan like the one used for roasting the beef, and pour the pudding in, placing the rack with the meat on it over, not in, the pan and pudding. This should be done half an hour before the meat is done, allowing the pudding to bake that length of time. Cut in squares, and serve as a garnish for the beef.

Some turn out all the drippings from the pan, and pour the pudding batter around the meat, and bake it forty-five minutes.

Others bake in gem pans, basting occasionally with the meat drippings.

**Fillet of Beef.**

Prepare the meat by wiping and removing the fat and veins. Lard it with salt pork or the nice pieces of the beef fat, dredge with salt, pepper and flour, and bake in a hot oven twenty or thirty minutes. Serve with mushrooms, if desired. The fillet of beef is the tenderloin.

**Stuffed Fillet.**

Cut through the centre of a piece of fillet weighing three pounds, and stuff with cooked ox tongue cut in small pieces. Lard the outside of the meat, season well with salt and pepper, cover with buttered paper, and bake in a well buttered dish in a quick oven fifteen minutes. Pour over it a gill of rich stock, and a glass of port wine, and



cook until the meat is only slightly underdone. Lay the meat, when cooked, on a bed of rice, and garnish with artichokes cooked and the centres scraped out, the hollows being filled with green peas; and small potatoes boiled whole and fried until nicely brown. Boil the liquor remaining in the pan with a gill of tomato sauce, strain, and serve separately.

### **Beef a la Mode.**

Trim the rough edges from a thick slice of round steak, let it stand for four hours in vinegar, spiced with salt, pepper, mustard, clove, and all-spice. Make incisions half through the slice, and lard it with thin slices of salt pork. Make a highly seasoned dressing of bread or cracker crumbs, and poultry seasoning, or sage, and roll the beef, putting the dressing in the centre of the roll, tie it firmly with strips of thin cloth, or string, and brown it in fat, turning it so that all parts will be alike. Half cover with boiling water, and let it simmer four hours. Remove the fat from the liquor, mix a tablespoon of flour in a little cold water, stir into the liquor and let it boil ten minutes; strain over the meat and serve.

### **Beef a la Mode, No. 2.**

Cut two pounds of sirloin beef into small pieces and dip them into a mixture of vinegar, salt, pepper, shredded herbs, and spices. Dredge each piece with flour, and fry in melted suet with four small sliced onions. When brown, pour in one cup of boiling water and put the whole with two sliced carrots into a stew pan, with salt, pepper

and spice to taste. Cover tightly, and simmer for three hours. When ready to serve, the liquor in the pot should be thickened with a teaspoon of rice flour.

### **Beef a la Flamade.**

A piece of brisket which contains the gristle is considered the best meat for this dish. Use seven pounds of the beef, which should be trimmed, and put into a stew pan with five slices of bacon, one onion, two carrots, a bunch of herbs, four cloves, four allspice, two blades of mace, and a pint of weak stock or water. Simmer slowly, until the meat is tender. Garnish the meat, when served, with mushrooms, and boiled turnips and carrots cut in fancy shapes, and pour around it the flavored liquor, thickened with rice flour.

### **Beef Stew with Dumplings.**

This is one of the economical dishes, which are at the same time exceedingly palatable and nutritious. There are various ways of preparing it, but the following is Hood's Practical Cook's way, and is known to be good: Cut a pound and a half of the round of beef in pieces two inches square, and put in a stew pan, to simmer, with two quarts of water, season with salt and pepper. When the water is reduced one-half, add a slice of onion, a sliced carrot, six small potatoes, and make a thickening of one tablespoon of flour thoroughly mixed with half a cup of cold milk.

Fifteen minutes before serving, put in the dumplings, made of half a cup of milk, one half teaspoon of salt, and one teaspoon of baking powder, sifted with flour enough to mix a dough a lit-

tle softer than biscuits; form in the hands and roll an inch thick, cut in diamond shape, and lay them on the top of the meat, which should project above the surface of the still simmering stew. Cover closely, and allow them to steam until no dough will stick to a straw when thrust into them. A sure way of keeping the dumplings from being soggy is to cook them in a steamer over the stew kettle.

### **Beef Stew.**

This is often called an Irish stew, but many like it plainer than it is usually made. Our beef stew does not contain onions, turnip, carrot, and other vegetables. It makes an admirable and economical dish for a stormy day dinner. Take a piece of lean beef, say three pounds; put it into boiling water just sufficient to cover it, and simmer until the meat is tender, skimming off the grease. Put in as much sliced raw potatoes as there is of meat, in alternate layers of meat and potato, seasoning to taste, cover closely and stew half an hour. The gravy should be thickened a little at the last.

### **Stewed Steak.**

Get stewing steak (by which is meant the cheap cuts) and a piece of suet; chop the suet fine and fry; dredge the steak with flour and fry very lightly on both sides, then add a teacup of water; boil, then simmer very gently for one and a half hours, add salt to taste; one-half teaspoon of pepper, a tablespoon of flour. Mix in water, add, boil, and serve hot.

**Beef a la Casserole.**

A piece of meat is put in a pan with a little hot fat, and browned slowly on all sides. A single tablespoon of water is put in at a time, to keep the temperature of the fat from rising. Shove the saucepan back on the range, where it will just simmer, and cover. From time to time turn the contents, and add another tablespoon of water. The delicacy of the flavor all depends upon this treatment, as more water than the prescribed tablespoon defeats its object.

**Beef's Heart.**

A beef's heart makes a nice roast, and furnishes more meat for the money than any other part of the animal. It can be stuffed with any good dressing for a roast. The heart should be boiled an hour, and then stuffed and roasted two hours. It makes a nice cold dish.

**Oven Steak.**

Have a large sirloin steak cut at least two and a half inches thick. Put it in the oven and let it warm through, then place it in a broiler over the fire, and broil until a rich brown crust has formed on each side. Then place again in the oven for ten minutes. Season and serve. It should be pink all through, and not in the least raw, and not overcooked or smoked on the surface.

**Pot Roast.**

Some of the cheaper pieces of beef will answer for this dish. Place it in a flat-bottomed kettle and cook slowly until it is browned on all sides; then add a pint or more of water, keep closely cov-

ered, and cook until the meat is very tender. If the water boils off, add but little at a time, so that only enough liquor is left for the gravy. Remove the fat if more than desired, and thicken the remainder. Season to taste and serve with the meat. A poor piece of meat cooked as above may be made very palatable.

### **Frizzled Beef.**

A cup of thin sliced, dried and smoked beef, a tablespoon of hot butter, a cup of scalded cream and a well beaten egg are the ingredients. The dried beef should first be soaked for ten minutes in hot water, then drained, and the butter added, and as soon as it begins to curl over the fire, add the cream and the egg. Season to taste and serve hot.

### **Dried Beef in Cream.**

Into a cupful of boiling milk stir, until thick and free from lumps, one scant tablespoon of flour mixed smoothly with one scant tablespoon of butter. Cut in small pieces enough sliced dried beef to fill a cup when put in lightly, allow this to soak a moment, squeezing out all the water, turn it into the hot cream, stirring until thoroughly mixed and heated; do not add the usual seasoning of salt unless the beef has been freshened too much. Serve by itself or on slices of toast.

### **Pressed Beef.**

Pressed, or spiced, beef may be made from the cheaper parts of meat, and be nourishing as well as economical. Use the middle cut of the shin, remove all particles of skin and bone, cut the meat

in several pieces, and cover with boiling water. Let it simmer until the meat is well cooked; remove the meat, season the liquor with salt, pepper and sage, and pour over the meat, stir all thoroughly with a fork, and pack in a deep tin. When cold, cut in thin slices.

### **Beef Mould.**

Break two thick slices of brown bread into sufficient gravy to moisten it and add enough minced cold cooked beef to fill a quart mould; season with salt and pepper, and a teaspoon of Worcestershire sauce. Mix the bread, gravy, meat and seasoning with enough raw egg to bind the whole together, and press firmly into the buttered and floured mould (a lard pail may answer); cover tightly, and boil one hour. Turn the meat from the mould, and serve with tomato sauce.

### **Fried Pickled Tripe.**

Soak the tripe for an hour in tepid water, then roll in a towel and squeeze until as free from moisture as possible. Dip in beaten egg, then in flour, and fry to a golden brown in half butter and half lard. If the pieces are cut so there are no ragged edges, and dipped very lightly in the flour, this can be made a most appetizing looking dish.

Many prefer fresh tripe to pickled, and it has the advantage of one's being able to add vinegar (or better, lemon juice) to suit his taste. No process will reduce the excessive acidity of pickled tripe without more or less destroying its palatability. And some prefer the tripe cooked without crumbs, batter or egg.

Tripe is also very nice, if properly broiled.

**To Corn Beef.**

To corn beef it should be allowed to hang three or four days, after killed, and then put into a brine made of four quarts of water, three pints of salt, half a tablespoon of saltpetre and a pint of molasses, or a pound of coarse brown sugar. These should be thoroughly mixed cold. The meat should be entirely submerged, and once in a while turned. A week will corn it enough for most tastes, but for many a longer time is better. In cold weather the same brine may be used several times. In warm weather it is safe to use it but once. On the farm a considerable quantity may be corned at once, especially in late autumn, and it will be good until used.

What piece of corned beef to select depends on individual taste. The Practical Cook always buys a "fancy brisket," if possible. This affords a good solid slice of lean meat, bordered with fat, which can be cut off, if not wanted. The "streak of lean and streak of fat" beef is not economical or satisfactory, unless you know everybody likes fat. The ribs, the end of the rump, and the thin end of the sirloin make good corning pieces, but they are rather high-priced. There is a lot of "corning beef" in a carcass, and much of it is very unsatisfactory. The corned beef from the butcher's cart or meat market, is very apt to be too little corned. One can readily arrange with one's provision store to have his favorite piece put in the brine at a given time and taken out when properly corned.

**To Boil Corned Beef.**

If the beef is very salt, soak half an hour in cold water. Put on to boil in fresh cold water

enough to cover it, and when it begins to boil skim occasionally. Simmer until tender, and let the meat stand in the water until cold. If one likes, one can pick the cooked meat to pieces and press in a brick loaf pan. But it is better to have a good piece, and press it without picking to pieces, under a board with a weight, to solidify it.

### **Beef Heart Corned.**

Get a fresh beef's heart and thoroughly wash and trim. Put it in water, salt enough to bear an egg, for two days. Then wash it well, put it in cold water, bring slowly to a boil, and simmer gently three hours. Add a bay leaf, a slice of onion, four whole cloves, and a blade of mace, and simmer until the heart is done. Let it cool in the liquor and serve cut in thin slices.

### **New England Boiled Dinner.**

This consists of corned beef, pork, and vegetables. It is better cold than hot, and the orthodox method of serving it is to put it all on one platter. A fancy brisket, well corned, and cooked as recommended under "corned beef," is the foundation, and a piece of salt pork or corned shoulder of pork is used.

The fat is all skimmed from the liquor in which the meat was boiled, and about two hours before dinner-time the vegetables are put into the boiling kettle, and cooked until tender. Beets, carrots, cabbage, parsnips, turnips, potatoes and squash are the customary vegetables. The beets are generally boiled alone, as they are apt to color the others.



**Vegetable Hash.**

This is supplementary to the boiled dinner, for which the latter furnishes the material. There should be as much potato in the hash as of all the other vegetables together, and beef enough to make a background for the vegetables. It should be chopped fine, and moistened with the boiled dinner liquor, or with milk. Serve hot.

**Hashed Steak on Toast.**

An excellent way to use cold beefsteak, of which there is often some left over, is to remove all fat, bone, and gristle, and chop it fine. Put it in a stew pan with a tablespoon of butter, a seasoning of salt and pepper, and enough boiling water to moisten it. Place it where it will keep hot. Toast and butter thin slices of bread, and pour the hashed meat over them.

**Beef Hash.**

Chop finely cold beef, any remaining from boiled or roast beef, after all fat, bone and gristle have been removed, with an equal amount of cold boiled potatoes. Season with salt and moisten not too liberally with gravy or cream. Put the hash into a frying pan, with sufficient melted butter, or beef drippings, to cover the bottom, and stir until it is quite hot, then press it into a firm mass at one side of the pan and allow it to brown, loosening it from the bottom of the pan so it will not burn. Turn it in one large cake on to a hot platter, and garnish with parsley or water cress.

**Beef Risssoles.**

Chop cold roast beef very fine, season with salt and pepper, and to each cup of meat add one table-

spoon of chopped parsley, and one-half cup of fine bread crumbs. Mix into a smooth paste with two unbeaten eggs, form into balls and dip them first in egg, and then in bread crumbs, and fry in very hot fat. Serve as croquettes, or with a brown sauce.

### **Beef Liver.**

Soak the liver in boiling water while the fat is frying out of thin slices of bacon or salt pork. Drain the liver, remove all skin and veins, and cut into pieces for serving. Season with salt and pepper, and fry in the hot bacon fat, turning the pieces that they may be thoroughly done. Serve, garnished with the pieces of fried bacon, cut in strips.

### **Fried Beef Cakes.**

Mince the meat very fine, and mix with it one-third the quantity of mashed potatoes. Season with pepper and salt, add some parsley, if you like, and mix the whole with the beaten yolk of an egg. Make this into cakes half an inch thick, dust them with flour and fry brown in beef drippings, lard or butter.

### **Beefsteak Pie.**

Choose the cheapest steak, about three pounds, and after removing all the fat, cut it into pieces two inches square, and put in a sauce pan with a pint of boiling water and a seasoning of salt. Simmer until the meat is tender, strain the meat from the liquor, and with two forks separate the fibre as much as possible without musing it. Put the meat into a deep pudding dish, the sides of which

are lined with mashed potato or biscuit dough, pour over it the liquor thickened with flour, and cover with mashed potato half an inch thick, or biscuit dough. Place in the oven and, if mashed potato is used, sprinkle small pieces of butter over the top, and bake until brown; if dough is used bake three-quarters of an hour.

### **Any Meat Pie.**

This may be made of cold roast or boiled beef, or almost any sort of cold meat. The meat is not chopped, but is cut into small dice, and seasoned according to taste with pepper, salt, nutmeg and other spice or herbs. Brown a tablespoon of flour in a little butter, and add half a cup of hot stock, or water, if stock is not available. A little more butter will serve to enrich the water. Put in the meat dice, and cook thoroughly. Before taking up mix in two eggs. Put a thin pie crust in a baking dish, fill in a layer of the mixture, put on a thin slice of breakfast bacon, and so alternate until the dish is full. Cover with a crust, having an opening in it, and bake until the crust is done.

### **Ox Tongue, Boiled.**

Soak the tongue twelve hours, and boil four or five hours. Take off the outer skin by plunging in cold water, which will enable it to be easily removed. Return it to the water in which it was boiled to cool, which will keep it juicy and tender.

### **Ox Tongue, Roasted.**

Prepare as above, and boil it two to three hours, according to size. Then take it up, brush with beaten yolk of egg, cover with bread crumbs,

and roast brown, basting frequently with melted butter. Serve with a good wine gravy and currant jelly.

#### **Beef Kidney Stewed.**

Cut the Kidney into slices, season highly with pepper and salt, fry a light brown, and stew gently half an hour in water in which flour has been dredged.

#### **Beef Kidney Fried.**

Cut into slices not very thick, and soak two or three hours in warm water, which should be changed twice, in order to remove the strong taste. Season with salt and pepper, dredge lightly with flour, and fry to a nice brown in butter. Serve with a highly seasoned gravy.

#### **Salmi of Beef.**

To one cup of brown sauce add one cup of cold roast beef, cut in thin slices. Place all over the fire in an agate sauce pan until thoroughly hot, but do not let it cook. This is a good breakfast dish.

#### **Braised Beef.**

Trim and dredge with salt, pepper and flour, four pounds of the round of beef, or the face of the rump. Cut two small onions in dice, and fry a golden brown in salt pork fat or beef drippings. When the onions are removed from the fat, put the beef in and brown all sides of it, adding more fat if necessary. Put the beef into a braising pan (a large-mouthed bean pot answers the purpose), on skewers, so it will not stick to the bottom. Add one quart of boiling water, and one tablespoon of herbs tied in a muslin bag. Pour the

fried onions around the beef and cover tightly. Cook in a moderate oven four hours, basting every twenty minutes, and turning the meat once. When tender remove the beef to a platter, strain the liquor, add two tablespoons of flour mixed in a little cold water, boil until thick, and pour over the meat. Lemon juice, tomato, or mushrooms may be added to the gravy if desired. Garnish with small boiled onions or potato balls.

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### **Beef Pointers.**

A "plate piece" of beef is a piece from which the bones can be taken after it is boiled, and the whole pressed to be served cold.

The "tip of the sirloin" is a nice roasting piece of beef. It should have the bone taken out, and be rolled tightly, and tied up with a string.

Young beef has a fine firm texture and creamy-white fat. The suet will be dry and with little membrane. Old beef is darker in color than young beef, and coarser in fibre.

In our judgment the only sensible way to cook a sirloin or porterhouse steak is first to remove the bone. It is only in the way while cooking and carving, and it adds nothing to flavor. Besides, the bone itself is better for soup if taken out raw.

A hot platter to serve hot beef on, and hot plates to eat it on, are necessities to the highest gastronomic satisfaction. Cold and cooling grease is very objectionable.

Beef may be made tender by cooking in vinegar and water. Six quarts of water to a pint and a half of vinegar is a proportion.

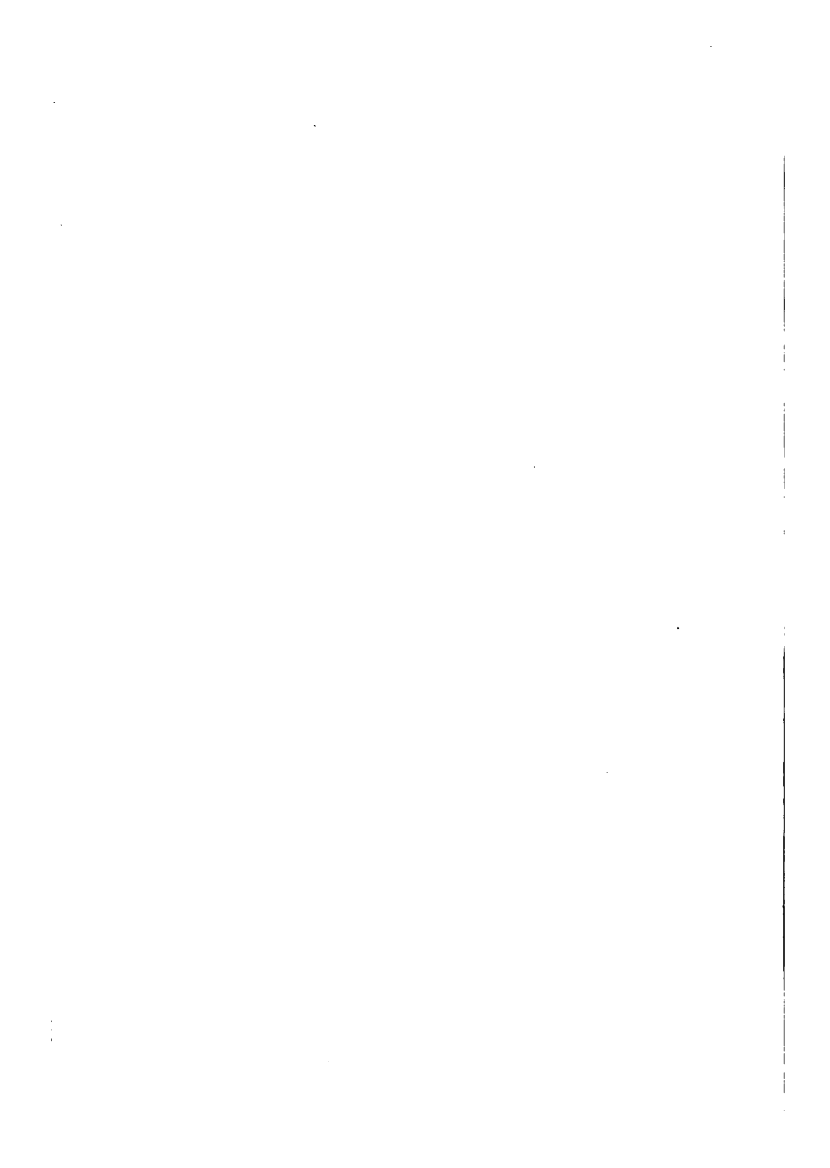
In turning a steak on the gridiron, if you do it with a fork, take care not to prick the lean meat, so as to let out the juice. Most modern broilers can be turned without disturbing the steak.

In making a gravy be careful to remove the fat. Nothing is worse than to have a half-inch of grease on the surface in the gravy boat. It can be skimmed off with a spoon, or poured off. Such a gravy is nicer if strained.

There are extant some 200 or 300 ways of using cold beef, but they are mostly modifications of common methods. Any bright housekeeper can invent still other ways of utilizing cold beef or other meats.

One authority puts four or five cloves and three tablespoons of molasses in the water in which corned beef is to be boiled to be eaten cold. After an hour the water is changed and more molasses and cloves are used.

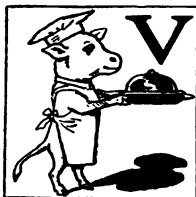






# About Veal.

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VEAL is one of the most delicious of meats, but it may be much more readily spoiled in cooking than beef. The first canon of good veal cookery is to have the meat well done. Underdone veal is as bad as underdone fish. There is one other canon as to veal, and that is that four weeks old is as young as it should ever be eaten, and six weeks is quite young enough. There is much difference in veal as to toughness or stringiness, and if tough and stringy, it is poor stuff. But white, tender veal, well seasoned and well cooked, is a most toothsome meat, and the by-products, if we may call them such, of sweet-breads, brains, head, tongue, liver and calf's foot jelly are *bonnes bouches* for the gourmet, while they are within easy reach of the farmer who has but a single cow, or the villager who has access only to the country butcher's cart.

A veal cutlet is a most savory morsel, whether broiled or fried, but it must be tender and well done. In this case the frying pan and salt pork beat the broiler out of sight. Nor do we see any sense in "breeding" a veal chop or cutlet. Any

meat needing thorough cooking seems to our Practical Cook as rather the worse for breading or batter-ing. And what can excel a well-cooked sweet-bread, or calf's liver and bacon, or calf's head with brain sauce? And a cold roast of veal, thinly sliced, with a sweet fat and savory stuffing would, like Sidney Smith's salad, "tempt a dying ancho-rite to eat."

### **Veal Cutlets.**

Fry three thin slices of salt pork, and when the fat is extracted, put into the pan a slice of veal, cut from the leg; it should be not over half an inch thick, and should be turned often to allow both sides to be thoroughly cooked, and fried brown. Season with salt. When the cutlet is removed from the pan, pour in half a cup of hot water, and when boiling pour over the meat, and serve hot. Flour may be added to make a thick gravy if desired. The cutlets may be fried in crumbs or batter, though as veal should be well done, our Practical Cook considers them better plain.

### **Roast Veal.**

A roast of veal may be treated the same as a roast of lamb or mutton, but it requires a more thorough cooking, not less than half an hour to the pound. Rare mutton is all right, and lamb may be rather underdone without harm, but rare or underdone veal is not good. Besides the leg and loin, the breast of veal makes a delicious roasting piece. Veal is also improved by laying thin slices of salt pork on the surface, before putting it in the oven.

A roast of veal is often stuffed with a forcemeat made of bread or cracker crumbs and chopped thyme or parsley. The old-fashioned sage dressing is in the main superseded by a mixture of herbs sold at the groceries, under the name of "poultry dressing," but a home-made combination may be equally effective. Frequent basting of the joint while roasting is necessary. The gravy may be made in the same way as for roast lamb, or a white gravy may be used. The loin, leg or breast are the roasting pieces. The kidney is considered a choice part of the loin.

### **Veal Stew.**

Put in a stew pan two pounds of veal, cut in pieces, just cover with cold water (for in a stew the juice is wanted in the liquor rather than in the meat), allow it to simmer until the meat is tender and the water reduced one-half; season with salt and pepper, add a tablespoon of flour, mixed smoothly with a little cold milk, and also a dessert spoon of butter, and serve with split common crackers, dipped in the gravy.

### **Veal Pie.**

Proceed the same as for veal stew, but cutting the pieces of meat smaller. Make a dough of one cup of milk, a half-cup of lard, a pinch of salt, and one and a half teaspoons of baking powder, sifted with enough flour to mould, and roll the dough half an inch thick. Line the sides of a deep baking dish with a strip of the dough, put in the meat, which has been strained from the liquor and shredded, pour over it the thickened liquid, place

a top crust of the dough over all, and bake slowly one hour.

### **Sweetbreads.**

Remove the membranes and veins. Cook twenty minutes in boiling water, to which has been added salt and lemon juice, and then harden in cold water. This prepares them for various styles of cooking.

**FRIED.**—Roll in fine crumbs, egg, and crumbs again, and fry in deep fat, or in a little fat, as may be preferred.

Or they may be cut in slices, and fried after breading.

**CREAMED.**—Heat in small pieces in white sauce, and serve on toast, or in puff-paste shells.

**BROILED.**—Rub with salt, pepper and butter, and broil ten minutes.

**A LA NEWBURG.**—Cook a few minutes in a white sauce, highly seasoned with salt, paprika or a dash of cayenne, and sherry wine.

### **Calf's Head and Pluck.**

Unless you are near a good provision market, you will hardly find a calf's head properly dressed for cooking. Assuming that you have, or can procure, one, you want to clean it, take out the brains and tongue, and put them into cold water. Remove all the gristle and membrane, and soak in warmish water two hours. Then boil the head, tongue and heart, beginning with cold water. Pour boiling water over the liver, and let it stand ten minutes, and add it to the kettle when the head is nearly done. The meat and skin of the head should be removed from the bone, and served

in as well-shaped pieces as possible, with the sliced tongue, heart and liver placed around them. They may be served with a white or brown sauce, or with brain sauce. If the dressed head with the skin on is not procurable, take a head from which the skin has been taken off.

**BRAIN SAUCE.** — Clean the brains, remove the red membrane, and soak in cold water. Put them into a pint of cold water, a tablespoon of lemon juice, and half a teaspoon of salt. Boil ten minutes, and then take them out and plunge into cold water. Chop fine and put into drawn butter, and flavor with lemon.

### **Fricassee of Veal.**

This is like the other fricassees. The meat is cut in small pieces, and browned in butter. Stir two tablespoons of flour into the butter, add a pint of water, a bit of onion and a dash of pepper, and some salt. Simmer gently an hour, then take out the meat and put it in the centre of the dish and surround it with boiled rice. Beat the yolk of an egg and mix it with the sauce, and pour it over the meat.

### **Minced Veal on Toast.**

This is a favorite breakfast dish. Mince the cold veal, moisten with the gravy, or milk, or butter. Season, heat and serve on crisp slices of toast.

### **Veal Croquettes.**

Rub smoothly together a tablespoon of butter and two of flour, add a cup of scalded milk and stir until it thickens. Stir in a pint of finely

chopped cooked veal, and season with parsley, onion juice, celery salt, salt and pepper, but don't overdo the onion. Mix well and let cool. Then form in cones, roll in crumbs and fry in hot fat.

### **Veal Terrapin.**

This may be made in the same way as chicken terrapin, a rule for which will be found under the head of "Poultry."

### **Veal Pot Pie.**

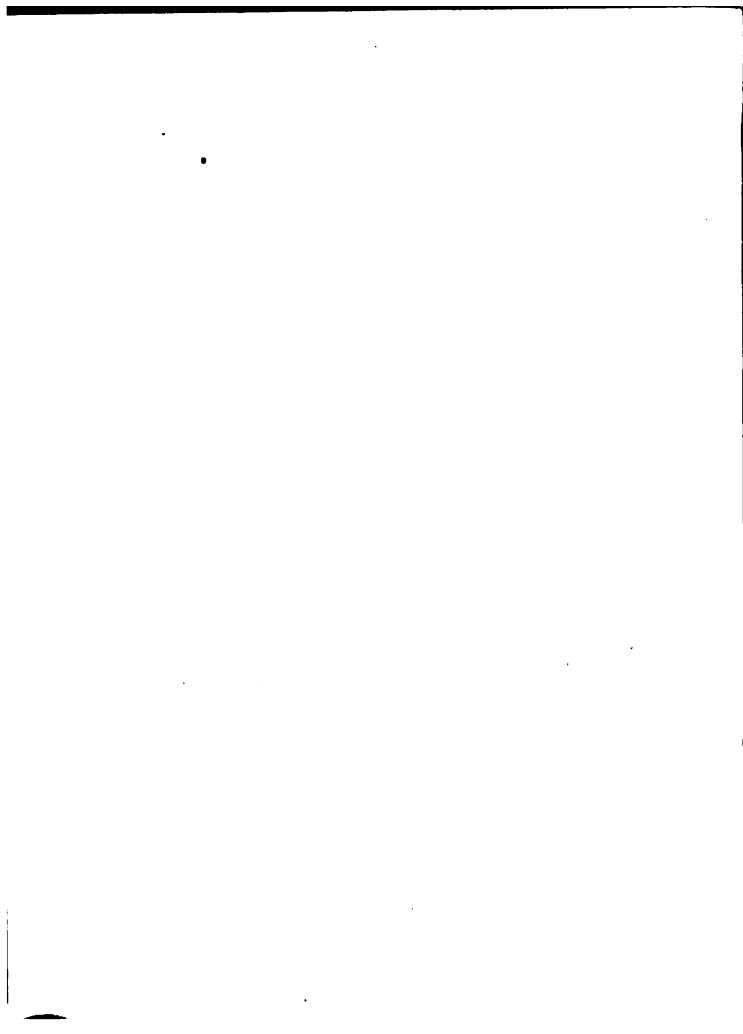
This can be made of the cheaper cuts of veal, or of left-overs from roasts. The meat is cut into convenient pieces, and the bones cracked, and the whole is put into a sauce pan, and covered with cold water. This may be seasoned with cloves, pepper corns, bay and onion, or the seasoning may be omitted. When the meat is tender take it up, and cut into small pieces. Strain the liquor and return the meat to it, adding any vegetable desired, such as potatoes, etc. Mould bread dough and let it rise until very light, then cut it into small cakes, and cook them in a steamer over the broth, or cakes can be made with baking powder like biscuit, and steamed over the broth.

### **Veal Loaf.**

Chop four pounds of raw veal very fine, and mix with it half a pound of crackers rolled to large crumbs, three raw eggs, two teaspoons of salt, one-half teaspoon of pepper, and, if you like, a pinch of powdered allspice; if only lean veal is used add a tablespoon of butter. Put the mixture in a tin pan or mould, and bake in a moderate oven two hours; let it cool in the pan.

**Calf's Liver.**

Soak the liver ten minutes in boiling water, drain, remove all the skin and veins, and fry until perfectly done, in salt pork or bacon fat. Season with salt, and serve very hot with a garnish of the fried salt pork or bacon cut in strips.









## Mutton and Lamb.

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**I**N actual practice the dividing line between mutton and lamb is very shadowy. "Spring" lamb should not exceed three months in age. It is generally divided into fore and hind-quarter, with a high price for the latter, although parts of the fore-quarter are quite as good. The earliest spring lamb is a costly luxury, hardly within the purview of this book. The later article, from eight to twelve weeks old, and in good condition, is within the reach of the average family, and forms one of its choicest meats. The rib chops are cut from the fore-quarter. If these are trimmed, and the fat and flesh are cut away from the bone, they are called French chops. The loin and leg which form the hind-quarter are used for cutlets. The hind-quarter is usually roasted whole, or if the lamb be large the leg may make a roast by itself. The saddle of lamb or mutton consists of the double loin cut from the legs, without splitting down the back. This makes the finest roast, but it is not commonly so used. Of the fore-quarter the shoulder only is used for roasting. The rest is used for stews or baked dishes.

**Boiled Mutton.**

To boil a leg of mutton, wipe it carefully with a damp cloth, dust a piece of cheesecloth thickly with flour, roll the leg in it, tie, place it in a kettle of boiling water and boil rapidly for five minutes. Then push the kettle on the back part of the stove, where the water will be kept at a temperature just under boiling—say of 200 degrees Fahrenheit, cooking twenty minutes to each pound. When done remove the cloth, dish the mutton and serve with it caper sauce. Boiled mutton should not be overdone.

**Baked Leg of Mutton.**

We say “baked,” although it is just as much “roasted” as any meat which claims that distinction. The only peculiarity of the recipe lies in boning the leg of mutton before putting it in the oven. This is a great comfort to the carver, and nothing is lost by the operation. The mutton can be stuffed, or not, as one likes. Bake in a hot oven, and not too long. Mutton should be rare.

**Mutton Pie With Tomatoes.**

Spread the bottom of a baking dish with crumbs, and fill with alternate layers of cold roast mutton cut in thin slices and tomatoes peeled and sliced. Season each layer with pepper, salt and bits of butter. The last layer should be of tomatoes spread with bread-crumbs. Bake three-quarters of an hour, and serve immediately.

**Lamb or Mutton Chops or Cutlets.**

The chops should be trimmed, leaving a fair amount of fat, but no skin or pieces of bone. Wipe with a wet cloth, and, if fried, put them into a

very hot pan, sear one side for a minute, and then turn. They should then be cooked more slowly. A mutton chop many prefer rare. Salt to taste. The chops and cutlets may be broiled, like a steak, and the cutlets may be breaded and fried.

#### **Roast Mutton or Lamb.**

Trim the piece selected for the roast, and wash it in cold water, wiping afterward with a towel. Put it in the dripping pan, and season with salt and a little pepper, and dust with dry flour. Put half a cup of hot water in the pan, and cover with another pan. The oven should be hot, and after a few minutes, when the water has boiled away, add a little more water, and so continue until within half an hour of the meat's being done, when the cover is removed, and with an occasional basting with the drippings, the meat is allowed to brown. Mutton or lamb should be roasted about twenty minutes to the pound.

The water forms a vapor which serves to keep the meat from drying up, and mixes with the fat and juices which come from the lamb, making a foundation for a rich and savory gravy.

If the juices and fat in the pan are not sufficiently brown, one and one-half tablespoons of browned flour should be mixed smoothly with one cup of milk, and having placed the dripping pan on the top of the stove and added a cup of hot water, the flour and milk should be stirred in and the whole boiled until the gravy is thick. It should then be strained into a gravy tureen.

Mint sauce is the favorite accompaniment for roast lamb, an excellent rule for which is given among our Fish and Meat Sauces.

**Lamb or Mutton Fricassee.**

The breast is the best part for this use. It should be cut in small pieces, dredged with flour, browned in butter or drippings, then put into a stew pan with a sliced onion, covered with boiling water and simmered till any bones will slip out. Take out the bones, strain the liquor, skim off the fat, and when it again boils put back the meat, add salt and pepper, and stew till nearly tender. Then put in a quart of peas, (if green they must first be boiled,) a pint of boiled macaroni, cut into short pieces, or a pint of asparagus tips, and simmer for fifteen minutes. The macaroni or asparagus can be omitted.

**Minced Mutton or Lamb on Toast.**

This is prepared the same as minced veal.

**Pickled Lambs' Tongues.**

These make a handy resource for a tea or luncheon. If they can be bought, as they can almost anywhere, it doesn't pay to pickle them at home. If the prepared ones are not readily accessible, boil the fresh tongues in salted water, with juice of a lemon, till tender. Pickle them in hot spiced vinegar.

**Frizzled Mutton.**

The mutton should be cut in thin shavings from a leg which is very ripe—that is, which has hung for some time after being killed. Melt in a sauce pan two tablespoons each of butter and currant jelly, and into this put the shaved mutton, and season lightly with salt, pepper and mustard, and cook sharply five minutes. Serve very hot. This is a good chafing dish recipe.



## Chopping Meat.

This is one of the irksome duties of the kitchen, and the family has to forego many an economical but savory and delicious dish, because it is so much trouble to reduce the meat, fish, vegetables or stale bread and crackers to the necessary fineness. The chopping tray and knife are now going out, being displaced by a simple, inexpensive, efficient and easily managed meat-chopper. Our Practical Cook's Book contains not a few rules for hash, minced meats and the like, all of them most desirable dishes, whether for the use of material originally, or for "left-overs," and the housewife who has a New Triumph Meat Cutter has the facility for preparing these dishes which ensures their use. A tough piece of beef may be made tender as a Hamburg steak by the use of the meat-chopper. The remnants of a roast, or of steaks or chops may be utilized in a delicious mince on toast for breakfast or supper by the chopper without weariness to the cook. A salad or croquette is much better made with a meat-chopper than chopped in a tray. In fact, for any use for which any sort of food, cooked or uncooked, needs to be chopped, the New Triumph Meat Cutter does the work speedily, perfectly, easily and without waste. Hood's Practical Cook unhesitatingly recommends the Peck, Stow & Wilcox Co.'s "New Triumph Meat Cutter." Everybody needs it; a child can work it; it is economical and is easily cleaned. The address of Peck, Stow & Wilcox Co. is Southington, Conn., and they will send circulars, describing the meat cutters, if desired.



# Pork.

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**P**ORK is among our most useful meats, and for many purposes it is among the most palatable, although it is often much maligned. A nice piece of Berkshire pig pork, fattened on proper food, is good enough for anybody, in whatever form presented. The variety of dishes preparable from fresh and salt pork is very large. We shall not attempt to exhaust the list. But from the tip of the snout to the end of the tail, the carcass of a fine porker is utilizable, and from no other animal can so much that is of both use and necessity be secured. To begin with, pork will "cook itself." It requires no butter or other foreign fat to set it going. On the contrary it is the almost universal aid in cooking other meats, as well as in "shortening" products of flour. If one has good salt pork in the house, one is never out of a basis for a "meal of victuals," and with eggs, potatoes, milk and corn meal or flour, a most appetizing meal can be prepared. Salt pork is the foundation of all camp supplies, and is indispensable to a civilized community. Ham, bacon, lard, sausage, head cheese, "souse" and the other cured pork products are delicious

when they are good. "When they are bad they are horrid." While a fresh spare-rib, chine, shoulder, cutlet or chop, from well-fed pork, and well cooked, are unexcelled by any meat that the country affords.

### **Pork Chops.**

Pork chops may be broiled, but care should be taken to cook thoroughly. It is better to fry them in a little butter or salt pork fat, unless, as is generally the case, they have fat enough to fry themselves. Cook slowly and be sure they are done through, and not burned. A brown gravy can be made from the fat if desired. A good pork chop, properly cooked, is good enough. Do not bread pork cutlets or chops. Pork, like veal, wants first of all to be cooked through.

### **Pork Chops With Apple.**

Place the chops and slices of tart apples in a frying pan with a little hot fat, unless the pork is fat. Salt (and pepper if you like it) and fry brown both chops and apples.

### **Roast Pork.**

Put the meat (rib or chine) in a deep pan with a very little water, to prevent sticking to the bottom, dredge with flour, salt and cover tightly. Bake slowly for two hours and a half, then uncover and let the oven be hotter for one hour, watching the meat, that it browns, but does not burn. Pork should be thoroughly done, but not burned. If a shoulder is used, the rind should be scored. It may be stuffed if desired. A shoulder will require double the time for cooking that a spare-rib does.

The leg makes a choice roast if not too fat. Some rules recommend taking off the rind, but if it is young pork, this makes fine crackling if crisply roasted.

### **Roast Pig.**

Roast pig is not a common family dish, but on the farm it might well become so, especially where the family is large enough. A well cooked roast pig is quite as delicious as Charles Lamb described it to be. The pig should not be over five weeks old, nor under three, and it should be thoroughly cleaned. It should be stuffed either with potato or bread stuffing, highly seasoned with sage, salt, pepper and onions, if onions are liked. Mash the potatoes, or, if stale bread is used, moisten it, add melted butter and a beaten egg. Skewer the legs, forward and backward, and rub the pig all over with butter, salt, pepper and flour. The baking pan should have a little water, and the oven should be slow at first, but hot enough to brown at the close. Baste often, and bake from two and a half to three hours. Apple sauce goes with roast pig.

### **Bacon.**

Bacon should be cut in very thin slices, and this can only be done with the sharpest of sharp knives. It is always well to have the marketman do this for you. Put the thin slices in a hot frying pan, and fry each side until a golden brown, then, if they are not crisp all the way through, let them remain where they will sizzle until they are thoroughly crisp.

### **Smothered Ham.**

Soak the slices of ham in tepid water until sufficiently freshened, dredge with flour, and put in

a dripping pan or shallow frying pan, and bake in the oven until the fat is brown and crisp. If the dredging of flour is not too much, the steam and liquid from the ham will moisten the flour, and make a puffy crust, which keeps the meat soft and tender. This way of cooking sliced ham will be found very nice.

### **How to Boil a Ham.**

Thoroughly brush and clean a large ham in lukewarm water in which a teaspoon of borax has been dissolved. Then soak in cold water over night. In the morning shave off every particle of the hardened surface. Put it into a large kettle and cover with cold water. Let it heat slowly, and as it begins to boil remove the scum. Then add a bay leaf, one onion, two large sprigs of parsley, and one quart of sweet pickle vinegar, or one pint of clear vinegar or cider. Keep the kettle where it will barely bubble, and let it cook till tender; allow twenty minutes to the pound from the time simmering commences. If a fork will pierce through the thickest part and the skin will peel off easily, it is done. Let it remain in the liquor until cold. Then carefully peel off the skin, trim off any ragged edges and with a soft cloth sop the melted fat from the top. Mix one cup of fine cracker crumbs, half a cup of brown sugar, one saltspoon of pepper and one saltspoon of powdered tarragon, and moisten slightly with melted butter. Spread this thickly over the fat surface, and return to the oven till brown and crisp.

**Ham Baked in Cider.**

Secure a small lean ham. Wash thoroughly and soak over night. Next morning wipe perfectly dry, and sprinkle over the flesh side a tablespoon of chopped onions, a tablespoon of ground cinnamon, the same of allspice, a quarter of a teaspoon of mace, the same of ground cloves. Make a paste of flour and water, roll it out, cover it over the flesh side of the ham, packing it down close to the skin. Put the ham, skin side down, in a baking pan; pour into the pan two quarts of cider, to which you have added half a teaspoon of white pepper, and half a teaspoon of paprika. Cover with another pan, and bake in a moderate oven two hours, basting every twenty minutes. At the end of this time remove the upper pan, and allow the ham to cook two hours longer. When ready to dish remove carefully the paste, then the skin. Trim the bone neatly, brush the skin side with beaten egg, dust it thickly with bread crumbs and chopped parsley, and put it in a quick oven to brown. Skim off the fat from the cider, boil it down until you have one pint, which you may turn into the sauce bowl. When the ham is browned take from the oven, garnish the bone with a quill of paper, and serve it in a bed of cress. Slices of red-skinned apples may be placed here and there in the cress as a decoration.

**Fried Salt Pork.**

There's fried pork, and fried pork. It makes all the difference in the world what sort of pork is used, and how it is fried. Pork nicely cured, from a six or eight months old Berkshire pig, will be

delicious in quality. It should be cut in slices, not too thick nor too thin, and parboiled a few minutes, and then fried just enough. It does not want to be underdone nor overdone. When cut it should be crisp enough to separate easily, but not so much as to have no life left in it. With baked or boiled potatoes, and fresh fried eggs, it furnishes a "good" meal of victuals.

### **Fried Salt Pork With Milk Gravy.**

Cut slices of salt pork one-quarter of an inch thick, and fry both sides until the pork is crisp, taking care that it does not burn. Remove to a dish, and place where it will keep hot until served. Pour the greater part of the fat from the pan, allowing about a cooking spoonful to remain. Stir into this, while hot, one and a half tablespoons of flour mixed smoothly with one pint of cold milk, stir rapidly until thick and smooth, and serve in a gravy tureen. When other meat is not on hand or accessible this makes the basis of a very comfortable meal.

### **Baked Salt Pork.** •

This is not a common dish, but when roasts of fresh meat are scarce, it fills a good place. Take a piece of salt pork of proper size for the family to be fed, and, after thorough washing, soak over night in sweet milk. Score the rind an inch deep in half-inch cuts, and fill the incisions with a highly seasoned bread dressing. Dust with pepper, and lay in a baking pan with a cup of milk. About an hour before dinner pour out most of the gravy, and surround the pork with sweet and Irish

potatoes, and bake and brown them. Skim the fat from the gravy, thicken and season, and serve the pork in thin slices.

### **Souse.**

The souse "that mother used to make" was fine. It included the pig's head (or rather such parts of it as were not used for the baked "minister's face," the thick fat jowls, however, not being used) the ears, and the feet and fore part of the leg. The skin first received a thorough cleansing and scraping, and the meat was placed in salt water over night. It was then scraped again and given another salt water bath of about the same length of time. It was then put in a kettle and covered with cold water, and brought to a boil, and then allowed to simmer until the bones would easily come out. The meat was then taken out, and the gristle, bones and superfluous fat removed. The skin, (which is the chief part) and the other meat, may be cut up into small pieces, salted to taste, and drenched with good vinegar, and packed away in a stone jar, where it will settle down into a compact mass. It can be cut out and served cold in slices, warmed up in a spider, or browned, as desired.

### **Head Cheese.**

Head cheese is the souse meat without the vinegar, and seasoned with sage. It should be pressed into a jar or mould, and served in slices, cold or slightly browned in a frying pan.

### **Scrapple.**

This is made of the head of a porker, which is thoroughly scraped and cleaned, to begin with,

and cut in two, and, the eyes and brains being removed, is put into a kettle of cold water, and simmered slowly until the meat falls from the bones. Skim off the grease, take out the meat, chop it up, and return to the liquor. Season with powdered sage, salt and pepper. Add granulated corn meal, slowly, stirring all the while. When all is of the consistency of mush, cook slowly an hour, and cool in a pan. Cut in slices and fry brown.

### **Pigs Feet.**

Pigs feet are a toothsome delicacy. They are cleaned and boiled as for souse, and pickled without removing the bones. They are served cold, or may be fried or broiled. The pigs feet which are to be had in the market should be boiled fully half an hour. Then serve them plain, or fry them brown in a little butter, or broil them.

### **Sausages.**

A good sausage is a popular article of food, but the sausage of commerce must be taken largely on trust. There are reputable "makes" in every market, and they can fairly be relied upon to be clean and wholesome. Sausage makes a good relish for a breakfast bill of fare, and has much such a place in this regard as breakfast bacon has.

Sausages are either put up in "skins," or in cloth bags, or made into cakes. The "skins" are generally preferred. They are made from the small intestines. If desired to be very small, the intestines of sheep are used. These are emptied, cut into lengths of say four to six feet, and soaked three or four days in salt and water, or weak lime



water. They are then turned inside out, and scraped and rinsed. This process is repeated two or three times, when they are ready to use. They are, in the end, only the thin membrane case for holding the sausage meat, and can be made into "links" by twisting at the proper point after they are filled. The bags should be made of cotton cloth, about a foot long and three inches in diameter, and should be dipped in salt water, and dried before using. The meat is pressed closely into the bag, which is to be tied and put in a cool place. Turn back the bag, and cut off slices half an inch thick, for frying.

The sausage meat should be sweet fresh pork, nearly one-third fat. Some people use some beef, but this is not the real sausage. The meat should be finely chopped, the fat and lean well mixed, and highly seasoned with salt, pepper and pounded sage. This is a rule given for each pound of meat: A teaspoon of salt, a teaspoon of sage, and a scant half teaspoon of white or black pepper.

Fry thoroughly. The sausage meat should furnish fat enough to fry itself.

### **Fried or Broiled Ham.**

Better, if the family is not too small, buy a whole ham, instead of slices. Stand over the marketman and make him cut the ham in two, and cut off thin slices from each part, say six to ten, and lay them together, and they will keep nicely in the refrigerator or cellar until needed. The marketman can (if you look after him) cut the slices evenly and of proper thickness—about a quarter to three-eighths of an inch. Thick and

uneven slices are an abomination. The knuckle end can be boiled. If the ham is very fat, some of the outside should be cut off before frying. If very salt, the slices should be parboiled a few minutes to freshen them. Cook over a fairly hot fire until done through. No pork product should be rare when eaten.

### **Ham and Eggs.**

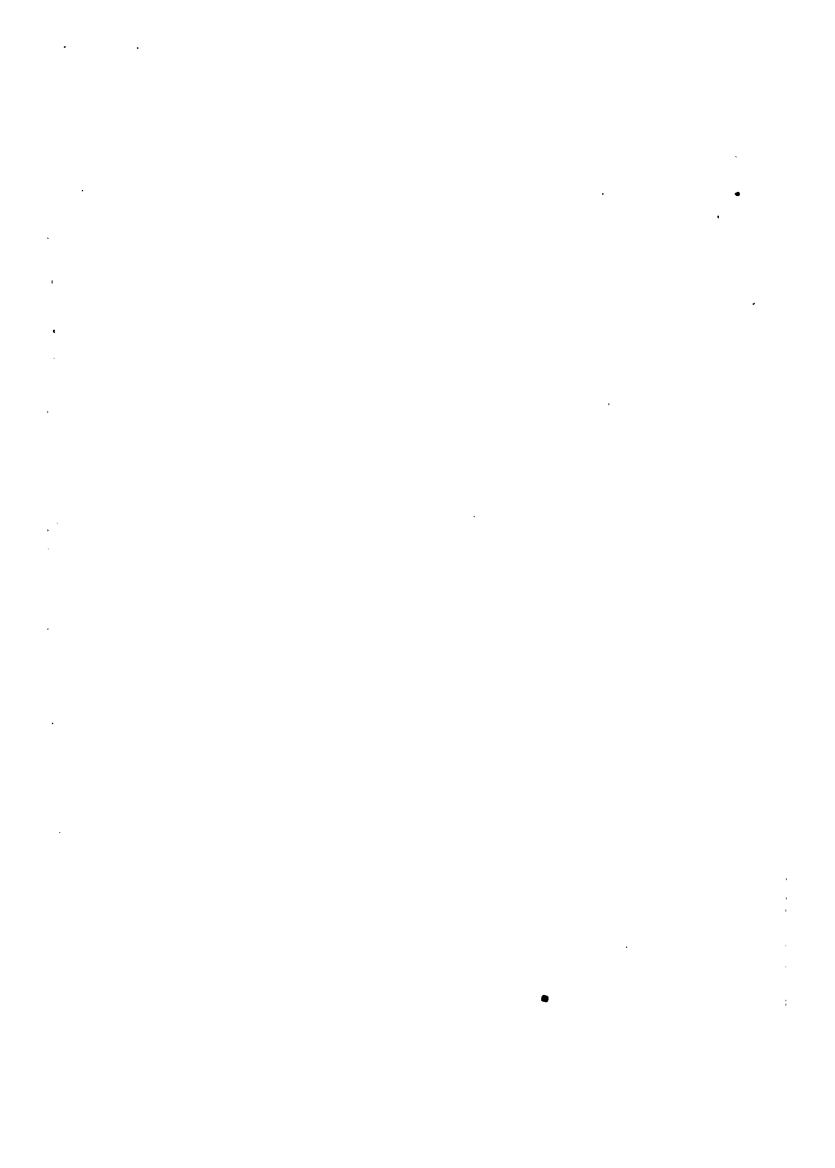
Having fried the ham as above, break the desired number of eggs, one by one, in a saucer, and slide them into the fat. If wanted to be well done, turn the eggs after one side is cooked.

### **Ham Toast.**

Toast a thick slice of bread thoroughly and butter it on both sides. Grate some cold boiled ham, and put it in a stew pan with two hard-boiled eggs chopped fine, and mix with a little butter, and season with cayenne and a little mustard. Heat the mixture hot and spread it on the toast.

### **Breakfast Sausage for Four.**

One and a half pounds pork chops, remove bones and fat. Put remainder of meat through meat cutter, season with pepper and salt and a very little sage and make into balls. While preparing meat, put bones and fat into skillet and fry. After meat is prepared, remove bones and fat from skillet, and fry meat in the hot grease to a crisp brown. Lift the sausage cakes from the grease, and put one heaping teaspoon of flour into the grease to form thick gravy with one pint of hot water. When ready to serve, place on a warm platter, pour gravy over the sausage balls.





# Poultry and Game.



**T**HE term poultry includes all domestic birds which are edible. The term "fowl" generally means a rooster or hen a year old or more, and a "chicken" is the same sort of bird under a year old.

When not above three or four months old, they are called "broilers," although this term is also properly applicable to young ducks which are frequently broiled, and they are even coming to broil young turkeys and geese. Poultry is generally looked upon as a luxury, although many tastes prefer other meats. I remember in an old school reader of my younger days, an illustration of the extravagance of a young man who had just married. His parents had scraped and saved with great frugality, until they had amassed enough to be able to use poultry freely. The young couple, as the title of the story put it, "Began with a Chicken."

There is no reason, with poultry as cheap and plenty as it is now-a-days, why any average table should not have it as a considerable factor in the food supply. And the farmer or the mechanic who owns a little land, may readily raise his own

fowls and eggs to advantage, and get some enjoyment as well as meat out of it. It requires some knowledge and skill to properly cook birds of any kind, but it is worth while to learn and to practise the best methods. The Thanksgiving turkey and the Christmas goose should receive the best of treatment, as infrequent luxuries, for even today they are rather expensive. But fowls may fairly be a weekly variation to the family fare, and all poultry has one grand advantage—that it grows rather better by frequent serving, and every morsel of meat, as well as any nutrition in the bones, can be utilized.

As for game, which, like other authorities, we have annexed to poultry, the average family has little use for a multiplication of fancy recipes, and we shall not lumber up our book with them. In rural districts, where the boys or men may shoot various birds for food, the rules for cooking domestic birds may answer the purpose for game birds, with such variations as may suggest themselves to the ordinary housewife, and for squirrels, rabbits, and other four-footed small game, the rules for meats will answer. Other game is too little likely to invade the average table, through capture or purchase, to render rules for cooking necessary.

There is one general remark about birds which should be borne in mind: Birds having dark meat may be cooked rare; birds having white meat should be thoroughly cooked.

While domestic poultry does not improve materially by “hanging” (or keeping) it does not injure it to be kept a reasonable time. The epi-

cures, however, insist on having most game birds exceedingly "ripe," before cooking.

In these days cheapness of poultry, especially in summer, is secured through cold storage, and this means actual freezing. But a chicken or turkey that has been frozen is apt to be rather dry when cooked.

Of course a very old bird is tough and inferior, but a "fowl" may be very nice and tender, and may always be made so by parboiling or steaming.

### **Roast Turkey.**

The age of a turkey may be approximately determined by pressing the thumb on the end of the breast bone. If flexible the bird is a young one; if stiff, it is old enough to demand different treatment. In any case it should be thoroughly washed and cleaned, and an old bird should be steamed or parboiled for half an hour. Fill the body and breast with a stuffing (rules for several kinds being given elsewhere) and place on its back in a dripping pan, into which a cupful of water has been poured. Dredge the turkey with salt, pepper and flour, and lay thin slices of salt pork, or pieces of butter, over the breast. Bake three to five hours (some cook books say much less, but a turkey should be well done), according to age and toughness, basting often from the dripping, and adding water and butter, as it boils away. The amount of butter is determined by the fatness of the turkey. After a time the turkey should be turned once in a while, so that it will brown evenly.

**Stuffing for Turkey.**

The common foundation for stuffing is bread or cracker crumbs, seasoned with sage, thyme, salt and pepper. Some add onions, but there are so many people to whom onion flavor is offensive that it is better, unless for family use, where tastes are known, not to use onions. The stuffing is moistened with melted butter, and hot water or milk, and an egg may be added. A thin slice of salt pork chopped fine gives both richness and flavor, and if used the butter is not required. Chestnuts, oysters, celery, and sometimes raisins are used for dressing. The methods of compounding a dressing are as various as individuals. We give samples.

**CHESTNUT DRESSING.**—A quart of Italian or French chestnuts (probably American chestnuts might do as well) should be roasted, removing the shells and skins, and mashed. Add a tablespoon of butter, a teaspoon of salt, and pepper to taste. Mix well. Roasted chestnuts may be served with the turkey, or in the gravy, when a chestnut dressing is used.

**ORDINARY DRESSING.**—A quart of bread crumbs, into which a tablespoon of butter is rubbed, with a tablespoon of fine mixed herbs, and a pinch of ground mace. In place of the mixed herbs pounded sage may be used.

**OYSTER AND MUSHROOM DRESSING.**—To the crumbs, butter, mixed herbs and seasoning, as above, add a dozen each of oysters and mushrooms, chopped fine.

**FISKE DRESSING.**—This is a rule which came sixty years ago from Pomfret, Conn. It is not



generally popular, but in certain families it is considered the best. Fifteen crackers pounded fine, half a nutmeg grated, one teaspoon ground cinnamon, half a teaspoon of black pepper, half a cup of butter, half a teaspoon of salt. Wet with boiling water.

### **Plain Pressed Turkey or Chicken.**

Boil the turkey in little water until the meat falls from the bones. Take off all the meat, free from skin and bones, and pick it to pieces, mixing both kinds well together. Season with pepper and salt, and put in a mould, pouring over it the liquor in which it was boiled, while warm, and press with a heavy weight. Fowls or chickens can be pressed in the same way.

### **Boned Turkey or Chicken.**

Boil the turkey or chicken as above, and prepare the meat as in the same rule. Add celery salt and lemon juice to the seasoning, and boil down the stock to a cupful, which mix thoroughly with the meat. Butter a mould, and place on the sides and bottom slices of hard boiled eggs or thin pieces of boiled tongue or ham, cut into fancy shapes. Pack in the meat and cool under a weight. Garnish with parsley, lettuce, radishes or beets.

### **Roast Chicken.**

After thoroughly washing and rinsing, fasten the wings and legs close to the body with skewers or strings, and tie the skin over the neck. Stuff with two thick slices of stale bread broken into a pint of boiling milk, a dessertspoon of poultry

dressing, a piece of butter the size of an egg, salt and pepper to taste. When well mixed add one unbeaten egg, and stir rapidly for a moment.

Sew up the skin of the crop and between the thighs with fine twine or coarse thread, put in a pan with the breast uppermost, dredge with salt, pepper and flour. Lay small pieces of butter or thin slices of salt pork on the breast and legs, put a cupful of water in the pan to prevent burning and create some steam, which softens and aids cooking. Baste frequently, adding hot water and butter, unless the chicken is very fat, when its own fat is sufficient.

If a fowl is used, cover with a pan and let it roast slowly until the last fifteen minutes, when the cover should be removed, and the fowl basted with butter, and quickly browned. About an hour and a quarter will be time enough for a chicken, two hours to two and a half for a fowl. If, when a fork is thrust into the breast, the pink juice flows the chicken is not done.

A delicious gravy is made with one tablespoon of flour, one cup of milk, and a cup of the boiling liquid left in the pan after the chicken has been removed. The flour and milk may be very quickly and smoothly mixed by putting the flour into the milk and beating with a Dover egg beater. This method saves time.

### **Boiled Turkey.**

The turkey may be stuffed as for roasting, or a plainer stuffing of bread crumbs, suet, parsley and a bit of lemon peel may be used. If the bird is soaked in salt and water an hour before cooking,

it will be whiter. Plunge first into boiling water, and then let it simmer gently for two to three hours, according to size and age.

### **Boiled Fowl.**

It goes without saying that if one can have a good market to select from, or has a poultry yard to draw upon, one should select for boiling a plump and well conditioned fowl. But if one cannot "pick and choose," and has only the village butcher cart to go to, one must even do the best she can in this direction. In any event, the bird should be thoroughly drawn and dressed.

Of course one may use only plain water, but those who like flavor may put into the water a sprig of mace, two cloves, a small stick of cinnamon, a tablespoon of vinegar, and sufficient salt. Many cook books advise putting the fowl into cold water and bringing it to a boil, but our Practical Cook always plunges the bird into boiling water, thus cooking the outside quickly, and retaining the juices in the meat. She also wets in water, and dredges with flour, a napkin or cloth, and wraps it around the fowl, which leaves it in much nicer condition. Boil the fowl slowly until tender. It may be stuffed with oysters and crackers, boiled macaroni or bread and butter, and seasoned with boughten poultry dressing, if one likes; or in default of the boughten dressing, a home-made dressing, mixed with a raw egg, may be used. But most people will like it better plain.

### **Braised Fowl.**

A fowl prepared for roasting is ready for braising. Dredge with salt, pepper and flour, and

brown lightly in a frying pan with butter or fat. Put in a deep pan, and half cover with water. Put in also the giblets, an onion (if you must) and a small bag of herbs. Cover tightly and bake till tender; basting often. Thicken, season and strain the gravy, add the giblets, chopped, and pour around the fowl.

#### **Broiled Chicken, No. 1.**

A chicken must be very young and tender to broil well. After cleaning and washing, wipe perfectly dry and split down the back, sprinkle with salt and pepper, rub the broiler bars with butter, and place thereon the chicken as flat as possible. Broil over bright coals, turning constantly to prevent burning. A little butter should be rubbed over the dry parts of the flesh. The broiling can also be perfectly done under a gas oven.

#### **Broiled Chicken, No. 2.**

Select a good-sized young chicken, split it down the back, use skewers to pin the wings and legs down as flat as possible, and put it in a dripping pan with half a cup of water, dredge with flour, pepper and salt, and scatter over it bits of butter. Cover with a pan the same size of the dripping pan and bake it about an hour, turning it once to have each side equally done. Remove to a broiler, and broil over a hot fire, turning frequently until each side is a rich brown. Serve on a hot platter, spread with melted butter and parsley.

#### **Fried Chicken.**

Singe and wash a plump chicken, cut it at the joints, so that each piece will be well shaped and

not ragged. Place in a frying pan, so that each piece will touch the bottom of the pan. Add a cup of hot water, a tablespoon of butter and two of lard. Season with salt and pepper. Cover tightly until the water has boiled away, when the cover should be removed, and more butter added, if the chicken sticks to the pan. Fry a golden brown, turning the pieces frequently.

This may be made a rich fricassee by adding a gravy made of one and one-half cups of milk, and one scant tablespoon of flour to the browned chicken, just before removing from the fire.

#### **Chicken a la Maryland.**

Thoroughly dry young chickens, after they have been washed, cleaned and jointed. Dip in flour, so that the pieces will have some flour adhering to every part. Place in a hot frying pan, the bottom of which is covered half an inch with equal parts of butter and lard. Fry to a rich brown. Turn frequently, so that all pieces will be browned alike. When the chicken is done remove to a hot platter and serve with a garnish of corn meal mush, fried, or squares of toasted bread. Pour all but a teaspoon of the grease from the pan, and dredge in a tablespoon of flour; when absorbed by the grease, pour in a cup of rich milk, stirring and allowing it to boil up once. Serve the gravy in a separate dish.

#### **Stewed Chicken or Fowl.**

Wash and perfectly clean a chicken, or fowl, and separate at the joints with a sharp knife. Place in a deep agate stew pan, just covering with

hot water, and seasoning with salt and pepper. Simmer slowly until the meat is tender. Rapid boiling destroys the flavor and toughens the meat, as also will too long boiling.

Mix smoothly one tablespoon of flour with a cup of milk or cream, and stir into the chicken liquor. This makes a very nice white gravy.

Serve on a deep platter, garnished with cream of tartar biscuits or Boston crackers cut in half, dipped in the gravy.

The time for cooking until tender depends entirely on the age of the bird, about three-quarters of an hour for young chickens, an hour and a half or two hours for fowls.

### **The GIBLETS.**

Many people treat the giblets — the liver, gizzard and heart — as offal, but it is wicked to throw away so much good meat. Others chop up the giblets, after boiling them, and put them in the gravy. But, as many people do not like them, this should be done only where tastes are known. They may be boiled and served with the birds, or may be roasted inside the fowls, though the gizzard is so tough it should first be parboiled.

### **Giblet Stew.**

This may take any proportion for which giblets are in possession. They should be thoroughly washed, and the inside skin should be stripped from the gizzards, and the gall ducts carefully removed from the livers. Put the giblets of half a dozen fowls in two quarts of cold water in a stew pan, and bring them to a boil. Cook slowly two hours, then take them out and cut into small

pieces, after which put them back into the water in which they were boiled. Thicken with three tablespoons of flour stirred smooth in cold water. Season with salt and pepper, and put in two ounces of butter. Add the beaten yolks of two eggs. Serve hot.

### **Giblet Pie.**

Stew as above, and, if you like, add the heads, legs, ends of wings and necks to the giblets. Season with pepper, salt and add a little butter. Make a nice paste, and use the stewed giblets, etc., for filling.

### **Fancy Fricassee.**

Simmer, closely covered, in a quart of hot water, a young chicken, cut at the joints, two stalks of celery, a bay leaf, a slice of onion, salt and pepper, and a pinch of curry. When the chicken is tender, which will be in about an hour, remove from the liquor, place it on a hot platter, and stir one tablespoon of butter and one tablespoon of flour, mixed smoothly together, into the hot liquor; when thick strain over the chicken and serve.

### **Brown Fricassee.**

This is one of the best ways to utilize a fowl, but if not young and tender it must be well par-boiled. In a general way rules for this dish are very much alike. The following comes from an experienced cook: Singe, draw and disjoint; put into a good-sized saucepan two tablespoons of butter; when hot drop in the pieces of chicken; allow them to brown gradually, taking great care the butter does not burn. As soon as the pieces

are browned draw them to one side of the saucepan, and add to the fat two tablespoons of flour; mix and add one pint of stock or water. Stir constantly until it begins to boil, moving the chicken around in the sauce. Add a teaspoon of salt and a quarter of a teaspoon of pepper. Simmer slowly for an hour. When done dish the rough pieces in the centre, crossing the legs on the front of the platter; place the wings and the dark meat at the sides; the back and breast on top. Take the sauce from the fire, add to it the yolk of one egg, beaten with two tablespoons of cream; strain this over the chicken. Garnish the dish with crescents of fried bread, dust over a little finely-chopped parsley, and serve.

#### **Creamed Chicken.**

Cut the meat in small pieces as for chicken salad. Heat in double boiler a cup and a half of rich milk, thicken with a tablespoon of corn starch, mixed with a little of the milk reserved from the half cup, and when smooth season with a tablespoon of butter, the same quantity of minced parsley, and salt and white pepper to taste. Simmer the chicken in this sauce from five to eight minutes. Serve on slices of toast, and garnish with parsley. This makes a fine luncheon dish.

#### **Chicken Sweetbread Croquettes.**

Hash a teacup of boiled chicken fine, and two boiled sweetbreads. Put them into a teacup of boiled bread and milk, with generous amount of butter, and season with salt and pepper to taste. If you use onion (which you had better not) don't



overdo it. A rank onion flavor in a croquette is villainous. Shape the mixture into rolls, dip in the yolk of an egg, then in bread crumbs and fry in boiling fat. The sweetbreads may be omitted for chicken croquettes.

### **Chicken Pie.**

Although called "chicken" pie, this is often made from fowls too tough to fry or broil. Wash and cut at the joints, and cover with boiling water. Season with salt and pepper, and let simmer until the meat can easily be taken from the bones. Remove the meat and cut in small pieces. Crack the bones and put back into the kettle, letting them boil slowly. Make a plain crust of one cup of milk, a half cup of lard, a teaspoon of baking powder and a big pinch of salt, using flour enough to roll about half an inch thick. This paste must be handled quickly, for the effect of baking powder is short. Line the sides of a well buttered deep dish with the dough, and roll a piece for the top as nearly the shape of the baker as possible, cutting holes clear through for ventilation. These holes can be made ornamental as well as useful. Strain the liquor from the bones, and boil up once with a tablespoon of flour mixed with a cup of milk. Put the chicken in the baker, pour over the gravy, place the top dough over all, and press it gently to the dough on the sides. If any dough is left it may be cut in strips and laid on the top. Bake for three-quarters of an hour in a moderate oven.

### **Jellied Chicken.**

Cut in pieces a tender chicken, and cover with cold water, season with salt and pepper. Boil

until the meat can be easily removed from the bones. Strain the broth and remove the grease. Dissolve half a package of gelatine in cold water, and add to the chicken broth. Cut the meat in small pieces and place lightly in an oval vegetable dish, pour the broth over and place on the ice. This is improved in looks by putting slices of hard boiled eggs around the edge of the dish before the hot broth is poured in. Slices of lemon make a good garnish.

### **Chicken Jelly.**

Cut the meat and crack the bones of a young spring chicken, put in a stew pan with two quarts of cold water, and boil until the meat is in shreds. Strain the liquor through a cloth, salt to taste, and set away to cool. When cold, remove the hard grease from the top, and there will be left a firm, clear jelly, which can be served in slices between crackers, or as a garnish.

### **Chicken Terrapin.**

This makes a fine luncheon or supper dish, and a pleasing variety to the ways of serving chicken. Chop quite fine the boiled chicken meat, and to a pint thereof add three tablespoons of butter, a cup of cream and three hard boiled eggs, of which the yolks have been rubbed to a paste and the whites pressed through a sieve. Stir into the chicken, and let it come to a boil, and season with salt, pepper and chopped parsley.

### **Blanquette of Chicken.**

Cut the meat of a cooked chicken in small pieces, and put in a double boiler with one cup of

drawn butter sauce to every pint of meat. When hot add one tablespoon of chopped parsley, two tablespoons of cream and the beaten yolks of two eggs. Let it stand where it will be very hot for three minutes, but do not let it cook. Serve in a border of boiled rice, or with rice croquettes.

### **Curry of Chicken.**

For this, as for fried chicken, young and tender birds should be selected; or, if fowls are used, they should be well parboiled. Cut up the chicken and fry, as in the rule for fried chicken, and when it has been removed from the pan add a cup of water to the browned fat. Into this stir one scant tablespoon of flour mixed smoothly in cold water, one tablespoon of curry powder and two or four drops of onion juice, if desired. Let this boil until the flour is cooked, then pour over the chicken. For those who like the flavor of curry this is delicious.

### **Chicken Patties.**

Fill pattie cases with creamed chicken, using the white meat of cooked chicken cut in small dice and mixed well with a sauce made of two tablespoons of butter and one of flour, and a cup of cream; heat all in a double boiler, and season with salt and a pinch of cayenne pepper. Canned mushrooms, drained free from their liquor and cut in small pieces may be added to the chicken meat if desired.

### **Chicken Pilau.**

Canned chicken may be used, as well as boiled or roast chicken, in the making of this dish. The meat should be cut in small pieces and put into a

stew pan with an equal quantity of water. When the meat is very tender skin it out and add to the liquor one pint of strained stewed tomatoes, season highly with salt, pepper, finely chopped onion and curry, or pepper sauce, and when boiling add one cup of rice; let it cook until the rice is soft. Add the chicken and half a cup of cream or butter, and serve very hot.

### **Chicken a la Newburg.**

Make a sauce of four tablespoons of butter mixed smoothly with one tablespoon of flour, add one cup of cream and heat in a double boiler, or chafing dish. When thick and free from lumps add one pint of cold chicken meat cut in small pieces and the hard boiled yolks of two eggs mashed to a smooth paste with one tablespoon of cream. When hot stir in one-quarter of a cup of sherry, and season with salt and a pinch of cayenne pepper.

### **Grilled Bones.**

Cut incisions in the thighs and legs of chickens, lengthwise, to the bone, and rub in a mixture of butter, salt, pepper and mustard. Place them in a broiler, the wires of which have been well buttered, and broil over a very hot fire.

### **Scalloped Chicken.**

Butter a deep pudding dish, or baker, and put in alternate layers of cold chicken meat, cut in pieces, and macaroni or boiled rice; pour over it strained tomato sauce, and cover with a layer of buttered crumbs. Bake until brown. This dish is very nice if made with cracker\*crumbs or mashed

potato, instead of rice or macaroni, and the tomato sauce may be omitted, using milk, cream, or gravy as a substitute.

### **Roast Goose.**

Unless the goose is very green (that is young) it should be parboiled half an hour or more to get rid of the rank flavor and some of the fat. An eight-pound goose should bake an hour and a quarter. It is better not to be overdone. No fat is required to roast or bake a goose. Apple sauce is its proper accompaniment. Dredge with salt, pepper and flour, and baste frequently.

Six boiled mashed potatoes, a tablespoon of salt, a teaspoon of pepper, a tablespoon of sage, two of butter, and two teaspoons of onion juice (under protest) make a dressing.

### **Goose Pudding.**

Stir one-half loaf of bread, broken into small pieces, into enough cold scalded milk to soften the bread. Mix with one cup of suet, chopped very fine, three medium sized onions, also chopped fine, three eggs well beaten, and season with salt, pepper, sage and sweet marjoram. Bake in a dripping pan until brown. This is to be served with duck or goose.

### **Roast Duck.**

It spoils a duck to roast it too much. It may be stuffed like a goose, or like a turkey or fowl. Roast in a quick oven. Serve with currant jelly.

### **Larded Grouse.**

Clean well and lard the breast and legs of the birds. It may be well enough to say right here

that few average housekeepers really lard anything. It is too much bother. And a grouse is about as good if not larded. Bake with butter and dredge with flour, and roast from twenty minutes to half an hour, according as you prefer the birds rare or well done. To our taste a dark-meated bird like a grouse should be rather rare. Serve with jelly.

#### **Potted Pigeon.**

We cannot do better than to quote the following recipe from the admirable *Table-Talk Cook Book*: "Clean and truss the pigeons. Line a stew pan with slices of bacon, and lay in the pigeons side by side. Add one-half of a medium-sized carrot, one onion and three sprigs of parsley. Pour over sufficient good stock to cover them. Cover closely and simmer until tender. Lift the pigeons on a heated dish, thicken the gravy, color with a little caramel or kitchen bouquet; add a tablespoon of Worcestershire sauce, and salt and pepper to taste."

#### **Quail on Toast.**

This is the most common way of serving quail. They are to be cleaned, washed, split down the back, seasoned with salt and pepper, and laid inside down on a gridiron and slowly broiled. Butter the toast slightly, and butter and serve the birds on the slices. A cream gravy can be used if desired. The same rule applies to all small birds which are broiled. Jelly should be served with broiled birds — preferably currant.

#### **Roast Rabbit.**

First dress the carcass very carefully, removing all hairs. Stuff with a dressing of bread crumbs,

well seasoned, and with such herbs as are fancied, and moisten with a piece of butter. Baste with slices of salt pork. Bake in a quick oven, having a little water in the dripping pan. Serve with jelly.

### **Rabbit Fricassee.**

Rabbits and squirrels may be made into a savory fricassee or stew, according to the rules given for similar dishes from other meats, especially chicken.

### **Game Pie.**

Any sort of game will do, and several kinds together are no objection. The bones should be taken out, and a force meat may be made to line the sides and bottom of the dish. Roll out a round of paste about half an inch thick, butter the dish and line it with the paste, leaving an upper rim. Put in the force meat and fill the space with the meat of the birds, and moisten with the gravy which was made when the game was cooked, or if the meat has not been cooked use a brown sauce, or butter sauce thickened with flour, sufficient to moisten the dish. Put an upper crust over the meat, and moisten the rim of the projecting side crust and fold it over, making apertures in the upper crust to allow the steam to escape.

### **Salmi of Game.**

This is a fine dish to prepare from the left overs of roast birds or other game. Break up the bones and put in the remnants of meat, and boil them down to stock, putting them in cold water with herbs, cloves and pepper corns. Strain and thicken with two tablespoons each of butter and flour,

with onions fried in the former, if you like onions. Season the liquor with lemon juice and Worcester-shire sauce, and put in the meat cut from the roast birds in small pieces. Simmer a quarter of an hour, and add half a dozen mushrooms, seasoned, if you like, with a glass of claret wine or the juice of a sour orange. Our Practical Cook adds olives cut in pieces. Serve very hot on slices of fried bread on a platter garnished with peas.

### **Venison.**

Venison is cooked almost in the same way as beef. It should be served rare and very hot and with currant jelly, or a jelly gravy. Venison furnishes a good material for the chafing dish.

### **Venison Steaks.**

Venison steaks may be cooked like beef steaks, but a gravy of the juice, butter, a glass of wine and currant jelly makes a nice sauce to eat with it.

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### **Poultry Pointers.**

The first thing to do on receiving poultry or game is to "draw" it, that is, take out the "insides" and crop. These soon spoil if not taken out.

The "drumsticks" are rendered much more desirable by drawing out the sinews and "splints," leaving the meat free to be cut and served. Drumsticks thus served become good "dark meat."

The skin of a fowl or turkey that is to be roasted or boiled should be carefully dressed, every pin feather removed, and the hairs singed off with a piece of lighted paper, or over a clear



flame of some sort. The browned skin is a delicacy in a roast fowl much in demand.

Cut the opening for removing the crop on the back of the neck. This leaves the front perfect, and enables the stuffing to be kept in good shape.

In roasting poultry have the oven very hot at first.

There are all sorts of fancy notions set forth in the elaborate cook books about cooking poultry and game such as are never heard or thought of in ordinary homes. These involve the cooking of the feet and legs of the birds, and even the heads and combs of cockerels. We pay no attention to such rules.



# Fish and Meat Sauces.



**A**LARGE proportion of the sauces which are put into cook books for fish and meats are "honored in the breach" only, in common housekeeping. There are, however, a few which are so valuable in adding to the palatableness of the dishes served, that they ought to be utilized, even at the cost of a little extra trouble. Such are a Hollandaise sauce for dark-meated fish like salmon and brook trout, drawn butter and egg sauces for white-meated boiled fish, tartare sauce for fried fish and soft-shelled crabs, oyster sauce for boiled fowl or turkey, currant jelly sauce for roast mutton, mint sauce for lamb, and caper sauce for boiled mutton. We give herewith enough sauces to furnish all the staple rules needed for every department, and some which are less common.

## **Drawn Butter Sauce.**

Have one tablespoon of flour and two tablespoons of butter beaten smoothly together in a sauce pan, add gradually, stirring all the time to keep it smooth, one cup of boiling water, let it

come just to a boil, but do not let it boil. A little lemon juice and a small pinch of cayenne pepper improve it.

Using this sauce for a foundation, the following sauces for fish and meats will be found very easy to make, but if the cayenne pepper and lemon juice are in the butter sauce, they must not be repeated.

**EGG SAUCE.**—Chop two hard-boiled eggs and add to the drawn butter sauce. This is excellent for baked or boiled fish.

**LOBSTER SAUCE.**—Shred two cups of lobster meat, and add to the drawn butter sauce, with the powdered coral, a pinch of cayenne pepper, and one tablespoon of lemon juice.

**CELERY SAUCE.**—Cut the coarser leaves and stalks of celery in small pieces, and boil until tender; drain, and press through a colander. Stir the celery with the beaten yolks of two eggs into a hot drawn butter sauce. Do not cook it after the eggs are added.

**ASPARAGUS SAUCE.**—To one pint of drawn butter sauce add one slice of onion, a sprig of parsley, one-half tablespoon of grated carrot and a small blade of mace. Place in a saucepan where it will simmer for twenty minutes. Strain this over a bunch of asparagus tips, boiled with a teaspoon of lemon juice in the water, well drained, and pressed through a colander. Put all into the saucepan and let it come to a boil. Any longer cooking will destroy the color of the sauce.

**PARSLEY SAUCE.**—Add to one cup of drawn butter sauce two tablespoons of chopped parsley.

**Brown Sauce.**

Mix smoothly one tablespoon of butter with one tablespoon of flour, stirring it over the fire until of a golden brown color; season with salt and pepper, and stir in, gradually, one cup of hot stock, or, if you have no stock, one cup of hot water in which one teaspoon of beef extract has been dissolved. Add one tablespoon of lemon juice.

**Olive Sauce.**

Add to a brown sauce one dozen olives, soaked in warm water to extract the salt. The olives may be cut around close to the stone, leaving the meat in a single piece, which should retain its shape after the stone is removed, or they may be cut in pieces. Simmer all together ten minutes.

**Mushroom Sauce.**

Make a brown sauce, using one-half cup of mushroom liquor and one-half cup of stock, instead of all stock. When thick and smooth add one-half cup of canned mushrooms cut in pieces. Season with salt, pepper, a teaspoon of Worcestershire sauce, and simmer for five minutes. Add a tablespoon of sherry, and serve hot.

**Currant Jelly Sauce.**

Use one cup of brown sauce and add half a cup of melted currant jelly. Stir until the jelly is well mixed and serve hot. This is very nice for roast mutton or lamb.

**Oyster Sauce.**

Mix smoothly together in a saucepan one tablespoon of butter and one of flour. Boil twenty-five oysters in their own liquor until their edges curl;

strain one cup of the liquor into the butter and flour, and stir until thick and smooth. Chop the oysters, and add, with one-half cup of cream, to the hot sauce, and boil up once. Season with salt, cayenne pepper and lemon juice. This is excellent with boiled turkey.

### **Bechamel Sauce.**

Heat together, without browning, one tablespoon of butter and one tablespoon of flour. When well mixed add one cup of cream, and stir until perfectly smooth. Season with salt and pepper, and just before removing from the fire, add the beaten yolk of one egg. The heat of the sauce will cook the egg sufficiently.

### **Roux.**

This is melted butter, in which an equal quantity of flour has been stirred over the fire until smooth and free from lumps. If a brown roux is desired, stir the butter and flour until of a rich brown color. This can be kept in a jar for use; one tablespoon of it will thicken a pint of gravy.

### **Caper Sauce.**

Mix smoothly one tablespoon of flour with a tablespoon of butter, and add to it gradually one pint of the broth in which mutton has been boiled, or plain hot water. Stir until smooth and thick, turn into a gravy tureen, and add one tablespoon of lemon juice, and two tablespoons of capers.

### **Mint Sauce.**

Mint sauce is a popular and excellent dressing for roast lamb. It is made of a mixture of sugar and vinegar, with chopped mint. The proportions

differ. One of our rules says a cup of mint, a quarter of a cup of sugar, and half a cup of vinegar. Others give less mint and more sugar. It can be varied to suit the taste.

### **A Good White Sauce.**

Mrs. Jeannie C. Howard, in *Good Housekeeping*, says the following regarding this recipe, which may form the foundation of many soups:

"So valuable and far-reaching are the good qualities of this one recipe that I would like, on entering the houses of all young housekeepers, to see framed upon the wall: 'Two tablespoons of butter, two tablespoons of flour and one pint of milk.' This is the simple method of making the sauce: Take two tablespoons of butter; put in a saucepan on the fire. As it begins to melt, stir smoothly in two even tablespoons of flour, add to that one pint of milk; stir all the time, so that the sauce may not burn, and when thickened take from the fire and season with pepper and salt."

### **Hollandaise Sauce, No. 1.**

Heat four tablespoons of vinegar to the boiling point and pour it onto two well-beaten eggs, or four yolks, stirring well; return this mixture to the fire, and stir constantly until it thickens, but remove from the fire the moment it attains the consistency of soft custard; add a heaping tablespoon of butter, and salt and cayenne to taste.

### **Hollandaise Sauce, No. 2.**

This is much better than No. 1. Rub half a cup of butter to a cream, add the yolks of two eggs, beating in one at a time; and then add the

juice of half a lemon, a tablespoon of salt and quarter as much cayenne. Just before you are ready to use the sauce, add half a cup of boiling water, and place the bowl in a saucepan of boiling water, and stir until it thickens. Pour the sauce around the fish, or better, perhaps, serve to each person from a sauce boat.

#### **Hoffman House Hollandaise Sauce.**

Put into a saucepan three tablespoons of lemon juice, a pinch of salt, a pinch of pepper, and boil until reduced one-half. Remove to one side, and add a little cold water and the beaten yolks of six eggs; mix well, then add half a pound of sweet butter, a little at a time, stirring it steadily with a wooden spoon. Do not let it come to a boil at any time. If the sauce becomes too thick, add a little cold water to prevent curdling. This comes from an inside source at the Hoffman House, New York.

#### **Tomato Ketchup, No. 1.**

This rule is our Practical Cook's own. The proportions are for four quarts of ripe tomatoes, which are relieved of all skins and blemishes, and put into scalding water and peeled. Stir up the pulp and boil slowly until reduced to one-half. Strain through a sieve and a strainer cloth. Take two grated nutmegs, a tablespoon of black pepper, three-quarters of a tablespoon of cayenne pepper, a tablespoon each of mustard and ground cinnamon, and tie them all up together in a strainer cloth bag, and put into a pint of good vinegar. Bring this to a boil, skim off any impurities, and let it simmer (not boil) an hour or two. Then add the strained tomato, and let all cook slowly for



a few minutes. When cold add salt to taste, and next day put in bottles and seal. It will keep a long time.

### **Tomato Ketchup, No. 2.**

This is a rule we have used in our family for years: Eight quarts stewed and strained tomato, six tablespoons each of black pepper and salt, four of mustard, one of ground clove, one of yellow ginger, a quart of good cider vinegar, a cup of sugar, and, if desired, a tumbler of brandy. (This last we used to put in, but like it as well without.) Boil very slowly until reduced one-half. Then cool, put into bottles and seal.

### **Raw Tomato Ketchup.**

The peculiarity of this recipe lies in the first word. It is not cooked at all. Chop fine (skins, seeds and all) a solid half peck of choice tomatoes, and put with it a large cup of grated horseradish, a teacup of salt, a cup of mixed white and black mustard seed, two teaspoons of black pepper, two lady finger red peppers chopped fine, two roots of celery chopped fine, an ounce of celery seed, a large cup of green nasturtium seeds and onions chopped together, a teaspoon of cloves, two of cinnamon, one of mace, a cup of sugar and a quart of cider vinegar. All these ingredients are to be thoroughly mixed.

### **Cucumber Sauce.**

The ingredients are a hundred medium-sized cucumbers, a dozen medium-sized onions, a pint of fine salt, a quarter of a pound each of English and American mustard seed, a pint of ground

mustard and an ounce of celery seed. Pare and slice the cucumbers very thin and chop the onions fine. Put the material in a stone jar in layers, salting each one, and let it stand over night in a cool place. Next morning drain well in a colander for several hours. Then store in jars, sprinkling in the spices named. Put enough good vinegar on the mixture to keep it. Pack tightly, and cover with salad oil. I have made this without the onions, in which way it is better for those who do not like onions.

#### **Tomato Sauce.**

Many things are recommended to be served with tomato sauce. This is the way to make it: Stew and strain a cup of tomato, add a tablespoon of hot melted butter, and a teaspoon of corn starch. Season with salt, and, if you like them, a saltspoon of onion juice and a tablespoon of Worcestershire. Either may be omitted, however. If too thick, dilute with boiling water.

#### **Fancy Tomato Sauce.**

Brown one-quarter cup of butter, add one-quarter cup of flour, and brown. Pour onto this one cup brown stock and one and one-third cups stewed and strained tomatoes. Add one slice each of carrot and onion, one sprig each of thyme and parsley, a bit of bay leaf, two cloves and six peppercorns. Cook fifteen minutes; strain, add one-quarter cup grated cheese, two tablespoons sherry and salt and pepper.

#### **Tartar Sauce.**

Stir together in a double boiler one tablespoon of vinegar, one tablespoon of lemon juice, a pinch

of salt, one tablespoon of Worcestershire sauce, and when well mixed and hot, add one-third of a cup of browned butter. This is excellent for broiled fish, and should of course be hot.

#### **Sauce Tartare.**

Chop fine a tablespoon of capers, another of sliced cucumber pickles, another of parsley, another of olives, and add a little onion juice. Stir this into mayonnaise. This is for fried fish, crabs, etc., and is used cold.

#### **Chestnut Sauce.**

Stew a pint of chestnuts, with some good stock, until tender. Rub them through a sieve and return to the saucepan with enough cream to make a thick sauce. Add one-half cup of butter, season with salt and pepper, and serve hot.

#### **Sauce Piquante.**

Melt one-half cup of butter in a saucepan, and add one small onion, chopped fine. When the onion is nicely fried add one tablespoon of flour. Stir until of a dark brown color and add one pint of beef stock. Stir until it boils. Add one tablespoon of parsley, and one small pickle chopped fine, and one-half teaspoon of mustard. Season with salt. Boil gently for fifteen minutes, then add one tablespoon of tarragon vinegar.

#### **Maitre d' Hotel Butter.**

Melt in a saucepan one cup of butter, and add to it the strained juice of one lemon, one tablespoon of chopped parsley, and a seasoning of cayenne pepper and salt. Let it come just to a boil. Use cold on hot beefsteak.

**Mustard.**

Mustard is hardly to be reckoned a sauce, but it serves the purpose of one in adding a relish to meat. The prepared French mustard may be kept a long time, but for "the Queen's taste," Stickney & Poor mustard is better, for most purposes, and a little should be freshly mixed whenever wanted. Some people mix with vinegar and sugar, with a little salt. But this makes a dark and "tangy" mixture. Our Practical Cook's way is to mix with sufficient boiling water to make a smooth paste, and leave other seasoning, if wanted, to be put to the meat in other ways.

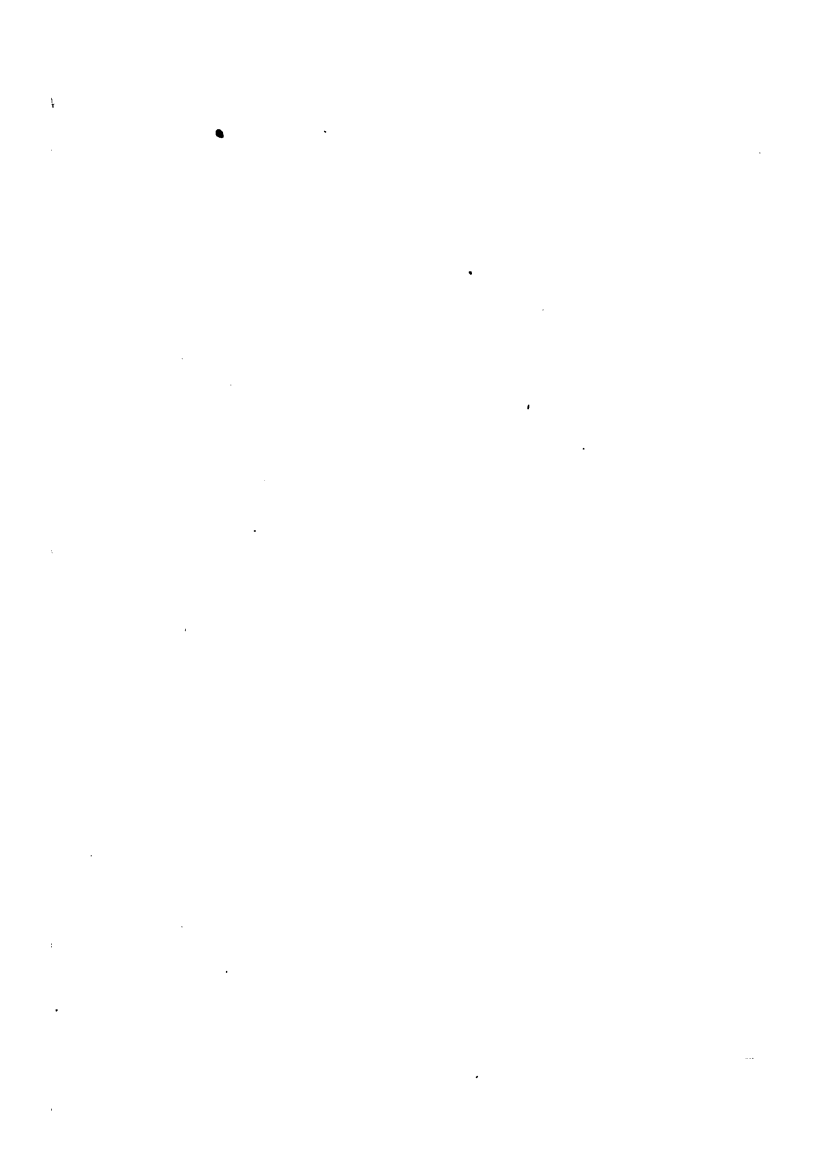
**Chili Sauce.**

Boil together one and one-half hours, one can of tomatoes, one large onion chopped fine, one cup of sugar, one cup of vinegar, one-half teaspoon of cayenne pepper, and one teaspoon of salt, allspice, nutmeg, clove and vinegar. When done seal in glass bottles.

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**In General.**

The liquid prepared sauces in general use, such as Worcestershire, Chutney, the several catsups, and ketchups, horse radish, etc., are usually bought ready prepared. Apple sauce, cranberry sauce and jellies, which are largely used as meat sauces, are treated of elsewhere. The first named should always be served with roast goose and roast pork, and the second with roast turkey.



## Agate Nickel Steel Ware.

We know of no boon to the housekeeper like a good enamel ware. A "good" enamel ware, mind you; for a poor enamel ware is worse than the evil it was invented to remedy. It will be noted that in very many of the recipes of this book, Our Practical Cook prescribes that certain things shall be boiled or otherwise cooked "in an agate or porcelain-lined kettle," saucepan, etc. There are many gray mottled enamel or porcelain-lined utensils which are made in such a way, and with the use of such materials, as to be dangerous to use. They have a lead bath, or a preparation of antimony or arsenic, necessary to coating the iron or steel base of the utensil with the earthen material, which are poisonous in themselves, and especially dangerous to use in cooking fruits, vegetables, or other things containing acids. The Agate Nickel-Steel Ware, which we place at the head of this page, has avoided this necessity for using poisons by its process of putting a casing of nickel on the steel, and then a hard vitreous coating on that. This makes the ware almost unbreakable, the surface not affected by acid, and not crackable by heat, and furnishing a ware which can be commended without reserve. The Agate Nickel Steel Ware is made by the responsible Lalance & Grosjean Mfg. Co., at 19 Cliff Street, New York City, and the purchaser may know that he is getting the real article, by finding burned into the bottom of each piece the trade mark—which is "L. & G. Mfg. Co." inside a circle, and "Agate Nickel Steel Ware" on the outside.

# Vegetables.



**F**RESH vegetables in the best condition do not require much elaboration of cookery to make them palatable. The great bulk of mankind, however, do not get vegetables at their best estate, especially in the summer, and of the sort which do not require to be fully mature and ripe before using — such as green peas, green corn, radishes, lettuce, string beans, asparagus, and an indefinite list more. These, so far as they are to be cooked, should find as little time as may be between the garden and the kitchen range. All vegetables need some seasoning, some of salt only, and some of sugar, or vinegar, or oil, or butter. The variations and combinations, of even the commoner vegetables, are almost endless. We cannot do more in our practical volume than to give the most useful. Any housekeeper can readily extend the list by her own invention.

## **Boiled Potatoes.**

After having tried both ways, Hood's Practical Cook has decided that potatoes are less apt to be soggy if put into boiling water to cook, rather than cold water. Peel the potatoes, and let them

stand a few minutes in cold salted water. When the water in which they are to be cooked is boiling add a teaspoon of salt and put in the potatoes; cover them and allow them to boil, not too hard, for half an hour, or until soft. Drain off the water and cover with a cloth, keeping them in a warm place until ready to be served. A cloth absorbs the steam and allows the potatoes to be kept hot, while they do not absorb any moisture.

### **Baked Potatoes.**

Select as perfect and evenly shaped potatoes as possible, have them thoroughly washed and dry, and bake forty-five minutes in a hot oven, turning them often to have them evenly baked. Serve at once, covered with a napkin. Never cover a baked potato with a dish or dish cover, as in that way steam is created, which makes the potato wet and undesirable.

### **Mashed Potato.**

After the water is drained from boiled potatoes add a small quantity of rich milk or cream, a tablespoon of butter, a pinch of salt, and mash with a wooden potato masher, and beat until light and creamy. Serve covered.

### **Potato Cakes.**

Form cakes of mashed potato between the hands and fry to a golden brown in butter, turning them, so that both sides will be alike. This is a very nice way to use up the left over mashed potato, and is an excellent accompaniment for any meat at breakfast.



**Hashed Browned Potatoes.**

Chop, not very fine, cold boiled potatoes, season with salt and pepper, and fry in a flat mass in butter, without stirring, until well browned, then turn and brown the other side.

**Stewed Potatoes.**

Cut up cold boiled or baked potatoes in dice, put them in a shallow pan and cover with milk. Simmer for half an hour. Pour over them a lightly seasoned cream sauce.

**Lyonnaise Potatoes.**

Cut one pint of cold boiled potatoes into dice and season with salt and pepper. Fry one scant tablespoon of minced onion in one heaping tablespoon of butter, add the potatoes, stirring until all the butter is absorbed. Add one tablespoon of chopped parsley and serve hot. A little vinegar improves the flavor.

**Potatoes in the Shell.**

Bake eight medium-sized potatoes. When done take from the oven and cut in two lengthwise. Remove the inside carefully without breaking the skins, mash and add butter, pepper and salt, two tablespoons of milk, and the beaten whites of two eggs. Stir together lightly, fill the skins or shells with the mixture and bake 20 minutes. Serve hot. There is no time to be wasted in preparing these, and the quicker you can do it the better.

**Grilled Potatoes.**

Cut up cold white or sweet boiled potatoes in slices a quarter of an inch thick, salt and broil

over coals a few minutes, then lightly butter, and serve hot.

### **Hollandaise Potatoes.**

Peel six or eight small potatoes and boil until done. Drain, dust with salt and drop over them two tablespoons of butter cut into bits. Partly cover and set at the side of the fire, shaking and basting every few minutes. When they have absorbed most of the butter sprinkle over one teaspoon of lemon juice and serve in a heated dish, pouring the remainder of the butter over them. Or they may be served with the following sauce:

One tablespoon of vinegar, one teaspoon of lemon juice, four tablespoons of water, yolks of four raw eggs, pinch of salt, dash of cayenne, three tablespoons of butter. Beat the egg yolks, add the water, seasoning, vinegar and one-half of the butter, and set over hot water; stir until it begins to thicken, add the remainder of butter cut into bits, and stir continuously until thick as custard. Take from the fire and add the lemon juice.

### **Franconia Potatoes.**

Pare the potatoes, and one hour and a half before the roast is done arrange them in the pan where the drippings will fall upon and brown them. Or parboil them, wipe dry and drop into smoking-hot fat until brown, by which time they will be done.

### **Potato Casserole.**

Peel and boil eight large potatoes. When tender drain and mash them, adding salt and pepper, one tablespoon of butter, three tablespoons of

cream and the yolks of two beaten eggs. Stir over the fire in a saucepan until the mixture no longer adheres to the sides of the saucepan, then turn out on a flat dish; when cool enough to handle mold it into any desired shape, pressing it up around the sides to simulate a dish or raised pie. Brush with beaten egg, place in a hot oven until lightly colored, fill the centre with a ragout or mince of any kind, and serve.

Or the potato mixture may be pressed into a border mold which has been thoroughly greased, allowed to stand for ten minutes, then turned out on a dish, brushed with egg and finished as before.

#### **Delmonico Potatoes.**

To each pint of cold boiled potatoes cut fine allow one cupful of cream, two tablespoons of butter, one teaspoon of salt and one-quarter of a teaspoon of pepper. Season the potatoes with the salt and pepper, put them in a shallow baking dish which has been greased, pour over them the cream, then the melted butter, and brown in a quick oven.

#### **Russian Potatoes.**

Slice raw potatoes as for frying, and let them stand in cold water half an hour, then put in a nappy with pepper and salt and one-half pint sweet milk to an ordinary sized dish. Put in the oven and bake an hour. When taken out cut a tablespoon of butter into small bits and scatter over the top.

#### **Saratoga Chips.**

Slice medium-sized potatoes very thin and evenly, and put them in ice water. When cold

dry them on a coarse cloth or napkin, and fry them in boiling lard, taking care to keep the slices apart. When they are turning a golden brown skim them out, drain as thoroughly as possible, and sprinkle with salt.

#### **French Fried Potatoes.**

Pare good-sized potatoes and cut them in long strips of uniform size, say a quarter to half an inch in thickness. Put them in cold water with a little salt, for half an hour, then take them out and drain them dry on a coarse cloth. Fry in a frying basket (if you have one) a crisp brown in boiling hot lard. Then drain on brown paper. It makes a nice dish to cut the strips of raw potato still finer. They are sometimes called "shoestring" potatoes.

#### **Soft Fried Potatoes.**

Slice cold boiled potatoes and put them into a frying pan with a tablespoon of half butter and half lard, dust lightly with salt and pepper and cover. Allow them to fry gently, turning with a knife to prevent sticking, and keeping covered as much as possible. When done they should be slightly brown. The covering creates steam which softens the potatoes, making this dish a most agreeable change from the crisped potatoes.

#### **Sweet Potatoes.**

Boil sweet potatoes as you would the common potatoes, allowing three-quarters of an hour for the purpose. Scrape off the skin after they have been boiled, and serve covered with a napkin. Sweet potatoes are much better baked. Bake in a hot oven one hour.

**Fried Sweet Potatoes.**

Cut raw sweet potatoes the long way of the potato in slices a quarter of an inch thick, and place in a pan with enough water to prevent sticking. Boil, well covered, until the water is gone, then add a tablespoon of butter and lard, dust with salt and pepper, and turn the pieces so that each piece will be fried a golden brown on both sides. This is an excellent accompaniment for fried or broiled chicken.

**Spinach.**

Carefully wash—and you cannot be too careful—a half peck of spinach. Cut the leaves from the hard root or main stem, and put into a kettle of boiling, salted water. Boil uncovered—as this retains the color—until tender, from three-quarters to one hour. Drain off all the water and chop with a knife. Season with salt and a tablespoon of butter, and serve with a garnish of hard boiled eggs or toast points.

**Minced Spinach.**

Wash carefully and boil until tender. Drain and rub through a colander or chop fine. Then put in frying pan a good lump of butter, the spinach, and salt and pepper to taste. When hot beat in three spoonfuls of cream. Garnish with sliced hard boiled egg.

**Greens.**

The most common greens (after spinach) are dandelions and beet tops. Country people also sometimes use cowslips and mustard. Beet tops are apt to be infested with a grub, which deters

many from using them. Dandelion is bitter, and not over agreeable to the taste. The first duty to a mess of greens is to see that they are washed clean. Then put into salted boiling water and cook until tender. They can be served with butter, but that is unnecessary if they are boiled with a piece of bacon or salt pork, as many do. They may be dashed with vinegar when eaten, or with a trifle of salad oil. The seasoning is a matter of individual taste.

#### **Peas.**

Shell the peas, wash and drain them, and boil in salted water from half to three-quarters of an hour. Season with salt and with plenty of sweet butter, and serve hot.

#### **Shell Beans.**

Put the beans into boiling water with a pinch of cooking soda the size of a pea, and boil two hours and a half. Season with salt and plenty of butter.

#### **String Beans.**

When preparing string beans be careful to remove all string from them, especially if they are a little ancient, as a particle of hard, ropy string is not a pleasant thing to masticate with a mouthful of beans, no matter how well cooked or deliciously seasoned. Boil the beans, uncovered, in salted, boiling water for two hours or longer, according to the age of the beans, and serve well seasoned with butter.

#### **Asparagus.**

The fresher any vegetable is before cooking the better it is when served on the table, and this

is especially true of asparagus. Cut off the hard, white part of the stalks, wash the dirt from the tips and put into a kettle of boiling water, add a teaspoon of salt, and, if there is any question about the age since cutting, a particle of cooking soda as large as a pea. Boil until tender, from twenty minutes to three-quarters of an hour, and serve on slices of well buttered toast. Asparagus may be cut in inch lengths and served with a cream sauce.

### **Turnips.**

Peel the turnips, cutting deep enough to remove all the hard outside. Put into boiling water and boil three-quarters of an hour; drain off all the water, mash, and season with salt and butter, peppering the top just before sending to the table.

### **Parsnips.**

Parsnips are much sweeter in the spring. Scrape off the skin and put into boiling water, boil three-quarters of an hour and plunge in cold water; this will enable you to rub off the remaining skin easily. Serve with a seasoning of salt, pepper and butter.

Slice cold parsnips and fry both sides brown in hot butter.

### **Creamed Carrots.**

Wash and scrape the carrots, cutting them in strips, boil them slowly in enough salted water to cover them until they are tender. Drain off the water and put in two tablespoons of butter, a dredging of flour, a seasoning of salt and pepper, and when the butter is melted enough add cream to moisten the whole, let it come to a boil, and serve

very hot. Carrots are exceedingly healthful, and physicians often order them as a specific for certain ailments.

### **Boiled Onions.**

Peel the onions and remove the hard root part; put them in boiling water with a teaspoon of salt, and allow them to boil half an hour, then drain off the water and pour in fresh boiling water, boiling half an hour longer. This is the way to cook onions for a family who like onions without the rank onion taste. When done drain off the water, add half a cup of milk or cream, and shake over the fire until the milk is hot; remove from the fire, season with salt, pepper and a tablespoon of butter, and serve at once.

### **Escalloped Tomatoes.**

Over the bottom of a deep buttered dish scatter a layer of bread crumbs, then lay on a few slices of tomato, a little hard boiled egg chopped fine, pepper and salt, a few drops of lemon and small pieces of butter, fill the dish in this way, finishing with bread crumbs. Bake for fifteen minutes, and garnish, when served, with cress, if available. Allow to one pound of tomatoes two hard boiled eggs, a quarter of a pound of butter and the juice of one lemon.

### **Panned Tomatoes.**

To pan tomatoes cut the tomatoes into halves, place them in a baking pan, skin side down, sprinkle lightly with salt and pepper, and put in the centre of each a tiny bit of butter. Bake slowly until soft. Dish, and add to the liquor in the pan one pint of milk. Moisten two level table-



spoons of flour with a little cold milk; add it to the pan and stir constantly until boiling. Add a teaspoon of salt, a dash of pepper, and pour it over the tomatoes. Garnish with squares of toast, and serve.

### **Escalloped Corn and Tomatoes.**

Cut the corn from a dozen large ears and peel six large tomatoes, cutting them in pieces, leaving in only the soft and ripe parts. Put in the bottom of a baking dish a layer of tomatoes, which sprinkle with salt and pepper, then a layer of bread crumbs, with bits of butter, and so continue until the dish is full, with a layer of crumbs on top. Bake half an hour in a moderate oven.

### **Green Corn.**

Remove the husk and silk and put into boiling water. Cook from ten to twenty minutes, or until the milk in the kernel is hardened and the corn has lost the raw taste. Serve with salt, pepper and butter.

### **Stewed Green Corn.**

Having cut the kernels from a dozen ears of not too well-grown corn, break the cobs in two and partly cover them with water in a stewpan. Simmer slowly for forty-five minutes, then take them out, and to the water add the kernels and simmer a quarter of an hour. Put in a gill of sweet cream, a tablespoon of butter, and sufficient salt and pepper. Serve at once, very hot.

### **Baked Green Corn.**

Clear the cobs of husk and silk, break off the extreme imperfect ends, and put into a baking pan.

Baste with melted butter, and salt and pepper, and bake twenty minutes.

### **Succotash.**

Simmer a quart of kernels of corn, cut from the cob, until tender. Cook a pint of shell beans in the same way. Then put both together and boil fifteen minutes. Drain, add cream, and stir constantly until the cream is scalded, season and serve.

### **Baked Beans.**

Pea beans are best, though larger varieties are sometimes used. Soak a quart of these over night, and next morning put them into fresh cold water, and parboil until a pin will pierce them, but not enough to break the skins. Put them in the bean pot, with half a pound of salt pork, part fat and part lean, of which score the rind in scant half-inch strips, first having poured boiling water over it. For most tastes the pork will salt the beans sufficiently, but more may be added, if necessary. Add a quarter cup of molasses, and pour in boiling water enough to cover the beans, having the piece of pork so arranged that only the rind will be exposed. During the last hour lift the pork a little, to allow the rind to crisp. Some put in a teaspoon of mustard, mixing it with the molasses. Bake not less than eight hours in a moderate oven.

The knack in baking beans is to have them come out thoroughly cooked, of a rich brown color, not too greasy, and not moist enough to destroy the individuality of the beans.

**Summer Squash.**

Choose a squash that is tender enough to be cooked, skin, seeds and all. Wash and scrape off the discolored places, if there are any, cut in inch slices and boil half an hour. Drain off all the water, pressing the vegetable to extract as much water as possible, mash it, and season with salt, pepper and butter.

**Winter Squash.**

Cut the squash in pieces, remove the seeds and pulp, and boil until tender—from half to three-quarters of an hour. Drain off all the water, and scrape the squash from the hard skin. Mash with a piece of butter the size of an egg, and a seasoning of salt and pepper. Serve hot.

**Baked Squash.**

Take half of a large Hubbard squash. Remove the seeds, place the squash in a baking pan with the rind uppermost. Bake for one-half or three-quarters of an hour. When soft, scrape from the shell, beat smooth, season with butter, pepper, and salt, and serve. Squash prepared in this way is dry and sweet.

**Buttered Beets.**

Scrape young, tender beets, put on to boil in slightly salted water until done; take up, pour over melted butter, and serve.

**Cabbage.**

The best cabbage is a solid head, and the outer leaves are to be removed before cooking. Cut the head in quarters and soak half an hour in salted water, then put into salted boiling water, and

change the water twice or three times, to get rid of the strong taste. Boil until tender.

The cold boiled cabbage may be fried or baked as a secondary dish. It is generally served with vinegar and pepper, but some prefer it buttered.

### **Cream Cabbage.**

Chop fine with a chopping knife half a head of new solid cabbage; put it into a kettle; add a cup of hot water and cook quickly. If the water is not all cooked out when the cabbage is tender, drain it off; season with salt and butter, then stir in a cup of cream if you have it; if not, mix a spoon of flour until smooth and stir into the cabbage with a half cup of sweet milk. Serve in individual dishes.

### **Cauliflower.**

This vegetable is a sort of modified cabbage, and may be used in families where cabbage is tabooed on account of dainty olfactories or stomachs. It is a very taking vegetable, and if cooked just right is delicious. The head should be a creamy white, without spot or blemish. Pick off the outside leaves, and soak the cauliflower in salted water for half an hour. Put into boiling salted water, and skim off any impurities, cooking twenty minutes, or until tender. It may be served with a cream or a Hollandaise sauce, or even plain vinegar and pepper. It is also good cold with a mayonnaise dressing.

### **Mushrooms Stewed or Broiled.**

Some day fresh mushrooms will be a much more common dish than now. They are so deli-

cious, and may be so easily had, if you know how and where to get them, and so much is being said and written about them, that they are sure to grow in favor as they become more familiar. The canned mushroom of commerce is the one generally used in making sauces for meats, and in garnishing, and it serves a very good purpose. But for broiling or stewing the fresh mushroom is incomparably better.

For stewing break them in pieces, put them in a saucepan, sprinkle with salt and let them stand half an hour. Then stew them in the juice with a little butter until tender, and add cream enough to cover and, when hot, serve on toast.

To broil mushrooms, pare them, cut off the stems, dip in melted butter, season with salt and pepper, broil on both sides over a clear fire, and serve on toast.

One authority says that in order to test mushrooms you sprinkle salt on the gills; if they turn yellow they are poisonous; if black, they are good. But we should not run any risks.

### **Egg Plant.**

Slice into three pieces to the inch, and sprinkle salt over each, and let the juice drain out all it will. Then dip in fine bread crumbs and beaten egg, and fry brown in hot lard or fat.

### **Rice.**

Into a kettle of boiling, salted water put a cup of rice, a little at a time, so that the water will not stop boiling. Stir it with a fork, to prevent sticking, and boil for half an hour, or until the rice is tender. The water should all be boiled into the

rice. Let it stand where it will keep hot, until ready to serve. Rice may be boiled in a double boiler with milk, and this is a good way when cooking rice for dessert.

### **Macaroni and Spaghetti.**

Cook in boiling salted water until tender, then drain and pour cold water over it, to make it keep its shape. Cut into pieces one inch long and bake in a shallow dish, putting in a white sauce, and covering with a cup of fine cracker crumbs moistened with melted butter. Bake till the crumbs are brown. It is common to cover the top with grated cheese before baking. Or the cheese may be grated over boiled macaroni dressed with a white sauce.

Another way:—Chop two hard-boiled eggs fine, and mix with the macaroni. Put it in the baking dish in layers, and sprinkle each layer with salt, pepper and mustard. Cover with milk and put buttered crumbs over the top, and bake as before.

SPAGHETTI:—This is only a small sort of macaroni, and is treated in the same way until boiled and cooled. Then serve as you do macaroni, except that you do not cut it or break it.

WITH TOMATOES:—Both macaroni and spaghetti are nice with tomatoes, as a tomato sauce, which can be used in a variety of ways.







# Salads.

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THE place which salads occupy in the human family's eating is much less noticeable in our own country than almost anywhere else in the civilized world. But that place is a growing one, and is probably to be considered one of the evidences of advancing civilization. The salad is one of the artistic creations of cookery—not in form, but in substance. A proper mayonnaise is the æsthetic manifestation of the culinary artist. It affords an endless opportunity for invention and combination, and every new cook book is full of new sandwiches. We shall not burden our little volume with the long list which has come in our way, but we shall provide our readers and clients with a sufficiently numerous and varied schedule to enable them to furnish forth all the luncheons and picnics which will demand their catering in many years.

## **Salad Dressings.**

The various dressings are the foundation of most salads—even where “a little meat between two pieces of bread” forms the description. The

following salad dressings are all tried and approved. They should be made with care and intelligence:

**MAYONNAISE.**—Thoroughly mix one tablespoon each of sugar and mustard, one-half teaspoon of salt, and one-quarter of a saltspoon of red pepper, stir this carefully into the yolks of two raw eggs. Add one pint of oil, a few drops at a time, so that the mixture at all times will be smooth, thick, and not oily; before all the oil is put in add two tablespoons of lemon juice, a little at a time, alternating it with the oil, and lastly put in two tablespoons of vinegar.

Just before using, a half cup of cream may be added, and this is improved if the cream is whipped.

**COLUMBIAN SALAD CREAM.**—This recipe was found in Good Housekeeping and has proved a most excellent rule: One-half pint of thick, sweet cream, two hard-boiled eggs, one tablespoon of vinegar, one lemon, three tablespoons salad dressing, one pinch of sugar, dry mustard and pepper, each the size of an English pea, salt to taste, making the mixture a little more salt than seems necessary, so as to prevent having to re-salt all the different articles dressed with the cream. Mix in a soup plate with a wooden or silver spoon, rubbing smooth, and gradually moistening into a paste, beginning with a few drops of the cream, the mustard, pepper and sugar; then add the salad dressing, thoroughly mixing it all. To this add the yolks of the eggs which have previously been rubbed perfectly smooth. Now add the rest of the cream, stirring as little as can be, not to be

lumpy. Next stir in the vinegar, then the strained lemon juice, and lastly the salt. Now slice the whites of the eggs into rings and drop in, and put the mixture on ice until wanted. This cream may be bottled for a picnic dinner, and is invaluable to the housekeeper because of its varied uses. It may be used for chicken salad, for sliced tomatoes, for sardines, for lettuce leaves, for canned turkey, for fresh or pickled shrimp, in fact, for almost everything that is made into a salad.

**COOKED CREAM DRESSING.** — One-half tablespoon of mustard mixed in four tablespoons of melted butter, add one-half tablespoon of salt, two tablespoons of sugar, three eggs, one-half cup of vinegar and one cup of milk. Mix all well together in the order given before putting in the milk, place in a pan of boiling water and cook like custard.

**FRENCH DRESSING.** — Mix together, a saltspoon of salt, a quarter of a saltspoon of red pepper, one tablespoon of vinegar or lemon juice, and add slowly three tablespoons of salad oil. A half teaspoon of made mustard, or four drops of onion juice are often added to French dressing, but the rule given will not offend those who dislike both onion and mustard.

### **Chicken Salad, No. 1.**

With each pint of chicken use a cup of celery cut in small dice. The meat of boiled or roast chicken should be freed from skin and fat, cut in small pieces, mixed well with the celery, and a small quantity of French dressing. If the salad is to be served from a large dish, garnish the sides with white lettuce leaves, or the tops of the celery

stalks, put the salad as lightly as possible in the centre of the dish, pour over it mayonnaise dressing, and garnish with the grated yolk of a hard boiled egg, or rings and diamonds cut from the hard boiled white of the egg. If the salad is to be served individually, make nests of small lettuce leaves, and after the salad has been put into these, treat with dressing, and garnish in the same way as the large salad dish.

#### **Chicken Salad with Cucumbers.**

It is by no means always necessary to have celery for a chicken salad, as other vegetables more available in summer give it an excellent and novel flavor. Crisp fresh cucumbers, for instance, combine well with the chicken, and French peas added make it very attractive. Use two large cucumbers, and one can of peas to every quart of chicken. Have vegetables, meat or chicken and mayonnaise all very cold before mixing and serving.

#### **Sweetbread Salad.**

Soak a pair of sweetbreads in cold salted water for three-quarters of an hour, then cook until tender in boiling water containing a teaspoon of vinegar and a half teaspoon of salt. After taking from the fire, drop a minute into cold water to harden; cut out the pipes, and cut the breads into small pieces. Set away in the refrigerator, and when it is time to serve mix the breads with two cucumbers thinly sliced; lay in a bed of lettuce leaves and dress with mayonnaise.

#### **Lobster Salad.**

Cut the meat of a good-sized lobster in half-inch dice, saving out the coral, mix with two

leaves of lettuce broken in small pieces, and half a cup of mayonnaise dressing. Place the inside, bleached lettuce leaves around the edge of the salad dish, or use them for cups or nests, put in the lobster, and cover with mayonnaise dressing, using the coral, cut in small pieces, and the small claws for a garnish.

#### **Oyster Salad.**

Bring to a boil one pint of oysters, drain them from the liquor, and when cold mix with two stalks of celery cut in fine pieces. Place on a bed of lettuce leaves or water cress, and serve with mayonnaise dressing.

#### **Salmon Salad.**

Remove the bones, skin and oil from canned or cold boiled salmon. Cut in small pieces, taking care not to make it mussy, lay it on a bed of lettuce leaves, and pour over it mayonnaise dressing.

#### **Sardine Salad.**

For one large box of sardines take six hard boiled eggs, drain off the oil from the fish, remove the backbone, tail and skin, and mix thoroughly with the eggs, minced fine, season with pepper and salt. Serve plain, with vinegar, or, better, lemon juice, or with mayonnaise dressing, or on crisp lettuce leaves.

#### **Crab Salad.**

Put the crabs in a kettle with warm water and a tablespoon of salt, and boil for twenty minutes. When cool, pick the meat from the shell and mix with mayonnaise. Serve in lettuce leaves, gar-

nished with lettuce, or replace in the crab shells and garnish with lettuce and cresses.

### **Egg Salad.**

This salad is not only tempting to the taste, but is a very handsome dish, as well. Boil six eggs hard, and drop them into cold water for a few minutes. Take the whites of the eggs off, then cut the yolks into little pieces and mix with mayonnaise dressing. Take one large tablespoon of the mixture, drop into a lettuce leaf and form it into the shape of a pyramid. Cut the whites into as long pieces as possible and lay them around the yolk.

### **Egg Salad with Lettuce.**

Mix the yolks and whites of four hard boiled eggs separately. Tear the lettuce in small bits, mix with the yolks. Put in a salad bowl and cover with the minced whites. Pour a teacup of French dressing over the whole.

### **Lettuce Salad.**

Lettuce should be thoroughly dry and crisp when served, and the only way to accomplish this is to have the leaves washed separately, without breaking, and rolled lightly in a cloth, early enough to have it on ice an hour before serving. Serve with the large leaves on the outside, and the small light leaves in the centre.

Tastes differ in regard to dressing for lettuce, some using a simple dressing of sugar and vinegar, others preferring the French dressing.

### **Tomato Salad.**

Use only the medium sized, evenly shaped tomatoes, dip them in boiling water, and then in cold

water, when the skins can be easily removed. Cut away the stem and the hard centre of the tomato, leaving a hole about half an inch square. Place each tomato, when entirely cold, on a crisped white lettuce leaf, and fill the hole with mayonnaise dressing. Place on the ice until thoroughly chilled before serving.

### **Potato Salad.**

Cut in thin slices cold boiled potatoes, choosing those that are waxy rather than mealy ones. Make a dressing of equal parts of salad oil, and vinegar, a small pinch of red pepper, a big pinch of salt, and four drops of onion juice. Turn this over the potatoes, and mix carefully to avoid breaking the slices. The garnish of this salad depends entirely upon the taste of the cook. Some garnish with chopped parsley, carrot, or beet, while grated cheese is liked by many. Chopped onion may be used instead of onion juice, if a more pronounced flavor of onion is desired.

### **German Potato Salad.**

Those who have eaten this salad when prepared by German cooks are loud in its praise, and claim that it is far better than when made in the ordinary way. Boil six good sized potatoes, peel and slice while hot. Then cut one-half pound of lean bacon into dice and fry brown. Season the potatoes with salt, pepper and a little onion. Mix with the bacon fat and dice, and add nearly a half cup of white vinegar. Garnish with sliced hard boiled eggs.

**Cabbage Salad.**

In the time when lettuce is high and celery unattainable this makes an excellent salad. Chop half a cabbage very fine, beat to a froth one cup of cream, one tablespoon of vinegar, two tablespoons of sugar and a little salt. Place two of the large leaves of the cabbage in a salad dish, so that they form the appearance of a half open shell, put the chopped cabbage in the leaves, and pour over it the dressing. If celery is in season, this is improved by using half cabbage and half celery, chopping them together.

**Cold Slaw.**

One half a head of cabbage chopped fine. Take one cup of vinegar, two tablespoons of sugar, salt and pepper to taste, and one tablespoon of butter. Let the dressing heat thoroughly, and just before it scalds add one beaten egg. Pour the dressing over the cabbage and let it stand a few minutes before serving. Very nice with meats of any kind.

**Hot Slaw.**

Slice with a sharp knife a solid head of cabbage; put it into a kettle and add half a cup of hot water or more if needed; cover closely and cook from 20 to 30 minutes; then add and stir through it quickly salt and butter to season, with one egg well beaten, and, at the last, two tablespoons of vinegar, and serve hot.

**Cucumber and Tomato Salad.**

Remove the skins from three or four large tomatoes, cut them in half and remove the seeds. Peel the cucumbers and cut into quarter-inch slices,



letting the slices soak in ice water for half an hour. Drain and cut the cucumbers in small dice, mix with a seasoning of salt, pepper, oil and vinegar, fill the cavities of the tomatoes with this mixture, and place a tablespoon of mayonnaise or boiled dressing on each. Serve with a garnish of bleached lettuce leaves or parsley.

#### **Cucumber Salad.**

Remove all the green skin from the cucumbers, and cut in thin slices into a bowl of ice water, in which they should stand half an hour. Serve with cracked ice. The dressing should be served separately, and may be either French dressing or mayonnaise.

#### **Macedoine Salad.**

Any mixture of vegetables may be used for this salad — peas, string beans, small branches of cauliflower, beets, white turnips and carrots give a pleasing variation in coloring. The vegetables should be cooked separately, in boiling salted water, and as soon as done should be transferred to ice water for at least ten minutes; this enhances their brilliancy of coloring. If fancy cutters or scoops are used for those vegetables which require to be cut it will add to the attractiveness of the dish. Equal quantities of each vegetable should be taken, all mixed together and well marinated with French dressing. They may then be arranged in a border of lettuce or other greens.

#### **Asparagus Salad.**

Wash thoroughly to remove all sand one bunch of asparagus, cut off the white ends and stand the stalks tied in a bunch, upright in enough

salted boiling water to come within an inch of the tips. Boil, uncovered, for thirty minutes, drain, and when cool, arrange on a flat dish and serve with French dressing.

If canned asparagus is used for this salad, drain off all the water from the stalks, and after washing them let them stand in cold water for half an hour, when they should be dried on a towel, and served as above.

### **Grape Salad.**

This came to us from the Hoffman House, New York: Seed, skin and cut in halves two pounds of green Malaga grapes, mix with one cup of nice celery cut in small pieces, and a little chopped cucumber pickle. Serve with the following dressing: Heat in a saucepan two eggs, one cup of vinegar, one-half cup of sugar, a seasoning of salt and pepper, a teaspoon of mustard, butter the size of a walnut, and a teaspoon of corn starch wet, and made smooth with a little cream. Stir until it comes to a boil. Set aside, stirring occasionally until cool, then add a small cup of cream which has been beaten with a little sugar.

### **Fruit Salad.**

Pare one Florida and two mandarin oranges and divide them into sections. Shell and halve twelve English walnuts; remove the seeds from two dozen Malaga grapes; shred with a fork one small pineapple (or use the canned pineapple cut in small pieces) and slice two red bananas. Mix well and cover with a French dressing of vinegar and sugar. Chill thoroughly and arrange on lettuce leaves. Garnish with mayonnaise.

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**Cream Cheese Salad.**

Moisten one Neufchatel cheese with a little milk; form into small egg shapes and serve in nests of lettuce leaves with a French dressing made of four tablespoons of oil, two tablespoons of vinegar, one-half teaspoon of salt and one-fourth teaspoon of pepper.







# Eggs.

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WHEN we reflect that the American hen lays somewhere in the neighborhood of fourteen billion eggs in a year, and that in addition to this we import a good many million dozen of eggs, the importance of the egg department of a cook book is obvious. How many ways there are of cooking eggs we cannot guess. How many there might be is a still more formidable problem. But an egg is the compactest, most convenient, most honest and unadulterated, most easily digestible, most readily cooked little parcel of nutrition that the world has ever known. It concentrates within its cleanly shell the very essence of food, and in such shape that it may readily be used by itself, or in combinations without number. There are few made dishes which it does not sometimes reinforce or supplement. Is there a lean sauce? an egg enriches it; a meagre cake? an egg helps it out; a barren breakfast table? an egg supplies the want; a nourishment for an invalid called for? an egg does the duty. The egg is the universal resource for whatever is lacking.

It may be easy to spoil a good egg in the cooking if some special end is aimed at; but if the egg is good to begin with, it can hardly be ruined as an element of food. The following paragraph on "How to Cook Eggs" we find in a recent issue of the New York Tribune. It is worth reproducing:

"Eggs can be cooked at 180 degrees, which leaves the white soft. At 212 degrees the white is absolutely indigestible, although the yolk will finally become mealy if the cooking is continued. The best way of 'boiling eggs' (which is a misnomer, in that the egg is not boiled, but poached) is to cover with boiling water, allowing a half pint to an egg, cover and allow it to stand for ten minutes. This gives a soft egg. If it is desired hard, add a little boiling water as the first water begins to cool, wrap the saucepan in a cloth, and leave the egg in the water twenty minutes."

#### **Dropped or Poached Eggs.**

Half fill a shallow pan with salted water. When boiling gently pour in the eggs, one at a time, from a cup into which they should be broken. With a large spoon agitate the water over each egg, in this way cooking the white and causing the white film over the yolk. When the white is firm remove the eggs from the water with a skimmer, and serve on slices of toast, or on a platter garnished with parsley. A little melted butter, salt and pepper should be put on each egg.

#### **Scrambled Eggs.**

It is difficult for an inexperienced cook to know just how many eggs to use, in scrambled eggs



or omelet, so that there will be no waste. Hood's Practical Cook uses three good-sized eggs (for eggs do differ in size) for every two people. Place in a shallow saucepan enough milk or cream to cover the bottom, into this when boiling put a tablespoon of butter, and stir in the eggs which have been broken into a bowl and beaten just enough to mix the yolks and whites together, add salt and pepper and stir rapidly, allowing each part of the liquid egg to come in contact with the bottom of the pan without sticking to it. Remove from the fire the moment it stiffens, and stir into the dish in which it is to be served. The watching and rapid stirring in this way makes the success of this dish.

### **Omelet.**

Put one cup of milk into a saucepan, and when boiling add one scant tablespoon of flour mixed smoothly in a half cupful of cold milk, a tablespoon of butter, and salt and pepper. Let this cook gently, stirring all the time, until thick and free from lumps, remove from the fire and pour over the well beaten yolks of four eggs, stirring rapidly. Beat the whites of the eggs to a very stiff froth (this is easier to do if a pinch of salt is added to the whites before beating,) and beat lightly into the other ingredients. Have a griddle very hot, and grease with a small piece of butter; pour a small quantity of the egg in the centre of the griddle, shaking it to allow it to spread. When fried to a golden brown fold over once, or break and fold again, so that all parts will be equally done.

If a fancy omelet is desired, place the omelet in the oven just before folding—to dry the top—then spread with chopped ham, parsley, grated cheese, or jelly, and fold.

#### **Baked Omelet.**

Mix smoothly one tablespoon of flour with one cup of milk; pour this into a cupful of boiling milk, and stir over the fire until thick. Add to this one tablespoon of butter, salt and pepper, and pour into four well beaten eggs. Beat all together, and bake twenty minutes in a well buttered pudding dish. In making a baked omelet puff, beat the yolks and whites separately, adding the whites last, and stirring them in lightly.

#### **Potato Omelet.**

One cup of mashed potatoes, three eggs, yolks and whites beaten separately, a scant teaspoon of salt, a dash of white pepper, half cup sweet milk, a heaping teaspoon of flour. Heat and grease a large saucepan or frying pan and pour the mixture into it. Keep on top of stove at moderate heat till set and browned on under side, then set on the rack in the oven to brown on top.

#### **Pineapple Omelet.**

Three eggs, the whites and yolks beaten separately; to the yolks add three teaspoons of powdered sugar, and beat until thick. To the beaten whites add the yolks and a teaspoon of lemon juice. Turn into a buttered frying pan and cook very slowly. When nearly done pour on a cupful of grated pineapple, fold as in any omelet, and serve immediately. It is a delightful dish and may be used for dessert or at breakfast.

**Stuffed Eggs.**

Boil the eggs hard by putting them into boiling water, and, removing the kettle from the fire, allowing the eggs to remain in the water until cold. Remove the shells and cut around the centre of each egg, taking out the yolk. Mash the yolk with salt, pepper, a few drops of olive oil and chopped ham, parsley, or olives; fill the whites with this mixture, press the halves together and serve, garnished with lettuce or parsley.

**Escalloped Eggs.**

In a buttered baking dish put alternate layers of sliced hard boiled eggs and bread crumbs. Pour over all one cup of drawn butter sauce. Have the last layer bread crumbs. Sprinkle small pieces of butter over the top and brown in a hot oven.

**Shirred Eggs.**

Grease small muffin pans and heat in the oven. When hot drop an egg into each place, and bake in the oven until the whites are set. Serve on a hot platter or on toast.

**Deviled Eggs.**

Boil a dozen eggs until hard, remove the shells and cut the eggs into halves lengthwise; take out the yolks and rub them to a smooth paste with a tablespoon of olive oil, a tablespoon of French mustard, a tablespoon of minced ham and a tea spoon of finely chopped parsley; season with salt and pepper, and mix well; fill the hollowed-out whites with the mixture; arrange in a glass dish on a bed of crisp lettuce leaves.

**Eggs Sur le Plat.**

Set into the oven a white platter large enough to hold the eggs to be cooked. When quite hot put into it a small piece of butter and a tablespoon of cream. Break each egg carefully in a saucer, and slip from the saucer into the platter. Sprinkle lightly with pepper and salt, and bake for four or five minutes.

**Creamed Eggs.**

Make a cream of one tablespoon of flour mixed smoothly with one tablespoon of butter; stir it into one cup of boiling milk; stir into this four or five hard boiled eggs, chopped, not too fine, season with salt, pepper and finely chopped parsley. Serve with a garnish of circles and diamonds of toast. Other flavors may be given to this dish by the addition of mushrooms, catsup, shrimps, or anchovy.

**Egg Cream Toast.**

This is a delicate variation of eggs on toast. Have ready half slices of toast. Melt in a quart saucepan one tablespoon of butter, and stir in one tablespoon of flour. Let it cook and bubble a moment, then draw to the edge of the stove, and add, carefully, one cup of milk, stirring constantly, and cook until it thickens. Season with half a teaspoon of salt and keep warm; do not burn. Beat the whites of three or four eggs stiff, add the yolks and beat again; then fold carefully into the cream that was made, just as the whites are folded into cake. Cook from three to five minutes, heap on the toast, and serve at once.

**Vermicelli Egg.**

Boil three eggs twenty minutes. Separate the yolks and chop the whites fine. Toast slices of bread, and cut half into small squares and half into points or triangles. Make a white sauce with one cup of cream or milk, one tablespoon of butter, one heaping teaspoon of corn starch, one-half teaspoon of salt and a little pepper. Boil the milk, and while boiling add the corn starch, butter, salt and pepper. Stir the chopped whites into the sauce and pour over the toast while hot. Rub the yolks through a fine strainer over the whole, and garnish with a border of toast points and parsley.

**Hash with Eggs.**

This is very nice, and a pretty looking dish as well: One cup of boiled ham, chopped fine, one cup of potato, mashed or chopped, one cup of cracker or bread crumbs; season well, mix all together with water, put in a deep plate, smooth it over, and then make little dents in the top large enough to hold an egg. Put it in the oven and heat it through, then remove and drop an egg in each of the places, and return it to the oven till the eggs are cooked.

**Curled Eggs.**

Boil six eggs until firm, remove the shells and cut in quarters. Add to one pint of drawn butter sauce one tablespoon of chopped parsley and half a tablespoon of curry powder. Boil up once and pour over the eggs.

**Eggs a la Benedict.**

Wash one-half of a cup of butter and divide it into three pieces. Into a saucepan put four table-

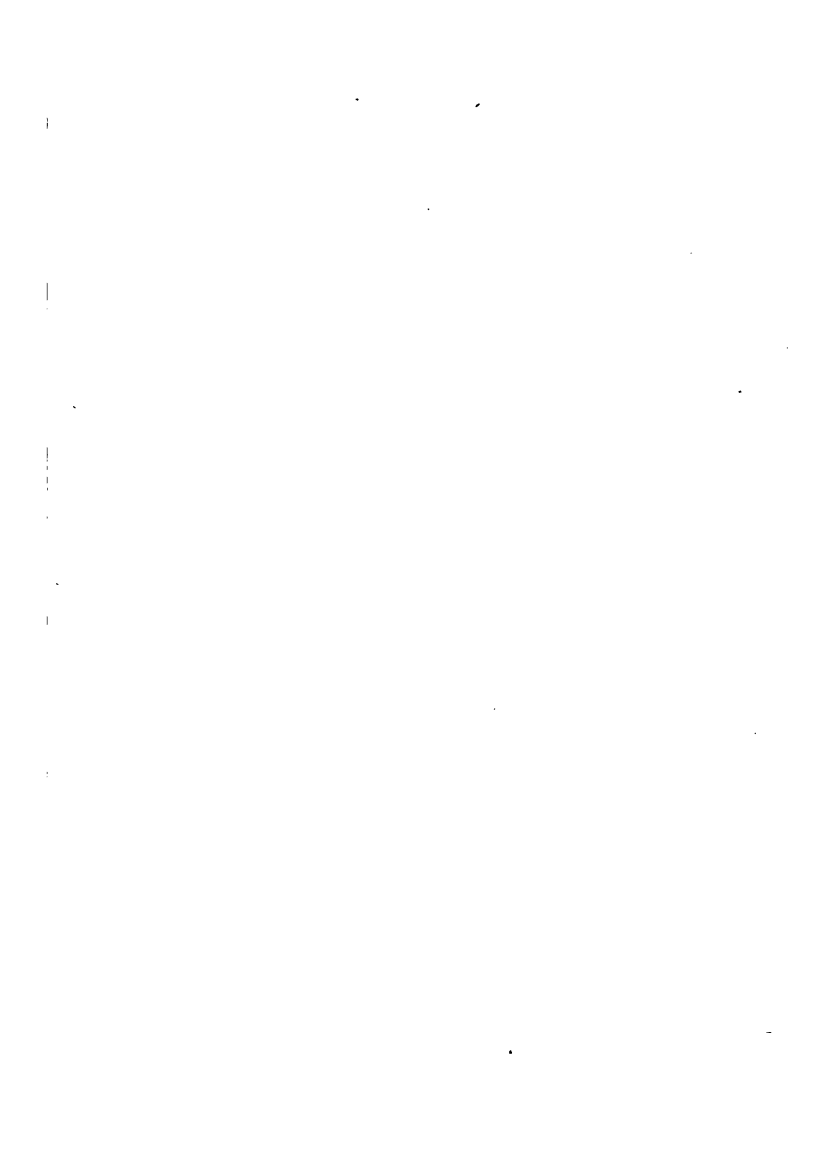
spoons of water, one tablespoon of lemon juice and the yolks of two eggs slightly beaten. Add one of the portions of butter, set the saucepan in a larger one partly filled with hot water, and stir or beat with an egg beater over the fire until the mixture begins to thicken. Add another piece of butter, then the third. Do not stop stirring, and lift from the water if the egg thickens too rapidly. The sauce should be thick and creamy. Have ready some slices of fried ham which have been cut in pieces of suitable sizes, also slices of toast and some poached eggs. On each slice of toast arrange a piece of ham; on the ham lay a poached egg and pour a portion of the sauce over all. Serve at once.

#### **Ox Eyes.**

Cut slices of bread into rounds with a large cutter and then cut out the centre. Toast them an even golden brown. Butter a round, shallow baking dish, or large pie plate. Put the rings of toast on the plate, break eggs carefully and pour one into each cavity in the toast. Sprinkle with salt and pepper, pour a little cream in between the toasts and set in the oven until the egg white is firm. If the oven is very hot on the bottom, set the dish over hot water that the egg may not be overcooked.

#### **Eggs with Maple Syrup.**

The French people have a way of cooking eggs with maple syrup: Pour your syrup into the frying pan and heat it hot; then drop an egg into it and cook it exactly the same as you would if dropping it in water. A dish of eggs cooked in this way for dessert not only tastes good but looks tempting.



## The Old Grist Mill

Awakens the pleasantest recollections of childhood country days, and whenever we see a representation of its picturesque roof, the penstock and the overshot wheel, as we now do almost everywhere, we do not wonder that the Old Grist Mill Entire Wheat Flour, the Old Grist Mill Wheat Coffee, the Old Grist Mill Toasted Wheat, the Old Grist Mill Rolled Wheat, the Old Grist Mill Malt Extract, and the Old Grist Mill Entire Wheat Crackers have attained so wide a popularity. In a practical cook book, especially, health foods should have the best representatives, and the Old Grist Mill brand has no superior in the market. Its flour contains a maximum of nourishment with a minimum of starch, and if men, women and children would eat more bread of this kind they would be the better for it. Everybody who finds real coffee deleterious is looking for a palatable substitute. There are numberless cereal coffees to be had, but the Old Grist Mill leads in palatability, economy and assimilative qualities. Toasting is a process which has a savory sound, and in the Old Grist Mill Toasted Wheat exists a food that is a delight both to the robust and the feeble. As a breakfast dish it stands at the head, unless, indeed, it finds a successful competitor in Old Grist Mill Rolled Wheat, which has a delicious nutty flavor. The various malt preparations have a rival in the Old Grist Mill Malt Extract for nervous dyspepsia and other nervous derangements, and Old Grist Mill Entire Wheat Crackers, which are only entire wheat flour and pure water, are a healthful coadjutor of the other things named. Your grocer has them all.



# Bread.

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THE "staff of life" naturally takes a large place in a book devoted to cookery. The difference between good bread and poor bread is heavenwide, but with proper material anybody ought to be able to make good bread. "Luck" is a proverbial factor in the economy of most housewives, especially with reference to bread-making. But luck really has no place in the good cook's vocabulary. Given proper materials and a good oven, and everything else should be under the control of the bread-maker, and luck should be relegated to the rear. The quality of the yeast, the allotment of ingredients, the method and quality of the kneading process, the time given to rising, and the temperature of the oven, are all under the control of the cook, and it is the employment of all these factors which gives the result desired, and shows the skill and care of the housewife.

In these days good flour can be had, even at any cross-roads grocery, and yeast as well, although this little volume may not unlikely fall into the hands of some housekeepers who may be out of

easy reach of the ubiquitous yeast-cake of commerce. But even these may manufacture yeast as our foremothers did, and they will find in these pages ample directions for making and using it.

### **Yeast.**

Yeast implies fermentation. Fermentation evolves gas. Gas, in a mixture of flour or meal and liquid, induces what is known as "rising," which is simply the bringing about of a porous condition in the solid dough, and this is what makes bread, cakes or pastry "light." Robinson Crusoe might have made yeast on his uninhabited island, and, without any bakeshop or grocery store to go to, he could have had as nice bread as anybody, if he had possessed the necessary flour. In most cases probably the yeast cake of commerce is available to our readers. But there are times when the housewife must make her own yeast, and we furnish directions which have been followed for many years. It may be remarked that for good bread yeast ought to be good. Soft yeast must be fresh. It will not keep a long time. Dry yeast cakes will last indefinitely, if kept dry and protected. The "compressed" yeast generally on sale is not a dry yeast, and must be fresh. It makes excellent bread, especially when a large quantity is desired. Probably there is nothing on which there is so strong an individual bias as on homemade yeast. It recalls the old saying—

"Our watches are like our judgments,  
None go just alike, but each believes his own."

Hops form the basis of most homemade yeasts, but potato yeast is very common.

**HOP YEAST.** Put a small handful of hops in three pints of water, and boil half an hour, adding water as it boils away. Put into an earthen jar seven tablespoons of flour and a teaspoon of salt. Strain enough of the boiling hop tea into the jar, through a sieve, to wet all the flour, and stir well together, then strain in the rest of the hop tea, and stir well. It should be about as thick as a griddle-cake batter. The tea must be put in hot enough to scald the flour, to prevent its souring. When the mixture is somewhat cool stir in a gill of good yeast, and put in a warmish place, not closely covered, until it shows fermentation. Then cover closely and keep in a cool place.

When the yeast appears watery and has a strong, sour smell, it is too old to use.

**POTATO YEAST.** Potato yeast will rise more quickly, and sour less quickly, than flour yeast. It will also keep bread moist longer, and if good, it makes nice bread. It may be made of grated raw potato, or of boiled potato.

Boil a half a pint of hops in half a gallon of water, strain and cool. Add a teaspoon of salt and a tablespoon of sugar, when it has become lukewarm. Mix smoothly with some of the hop water half a cup of flour, and pour into the mixture. Next morning add a pound of boiled and mashed old potatoes, and stir well. Having let it stand till next morning, strain and bottle. Do not cork tightly until it has stood several days.

**DRY YEAST.** As in moist yeast the foundation is hop water, four ounces to six quarts, boiled

down one-fourth. Strain, while boiling, on three pints of flour, and a tablespoon each of salt and ginger. Add a pint of fresh yeast when cool, and when it is foamy, knead in Indian meal enough to make a stiff batter, which mould into loaves, and cut into thin slices, or squares two inches each way, and lay on a table or boards to dry, in the sun, and where there is a good circulation of air. Dry thoroughly on both sides, and then break up into small pieces, and dry some more. Stir once in a while with the hand to secure thorough drying, and put in a dry, cool place in a coarse bag. A handful of this yeast is enough for five average loaves of bread.

#### **Milk Bread.**

Pour one pint of boiling milk over one scant cooking spoon of shortening (lard, or beef drippings) one tablespoon of sugar, and one teaspoon of salt; when cool, but not cold, add one yeast cake dissolved in half a cup of warm water, and sufficient flour to make a stiff dough, turn this onto the molding board and knead until it feels light, using only flour enough to make it firm, and keep it from sticking to the hands and board. Put in a large bread bowl, cover well, and set in a warm place to rise over night. In the morning mold again, cut into loaves, put in well greased pans, and set in a warm place for one hour, when they should be very light. Bake in a moderate oven from three-fourths of an hour to an hour.

**Water Bread.**

Proceed as for "milk bread," using water instead of milk, and add a heaping cooking spoon of shortening.

**Five-Hour Bread.**

Mix a sponge of one pint of warm water, a heaping cooking spoon of shortening, one tablespoon of sugar, one teaspoon of salt, and one-half cup of yeast, or one-half cake of compressed yeast dissolved in half a cup of warm water. Use enough flour to make a batter that will drop from the spoon. Place in a very warm place, not warm enough, however, to cook it, to rise for one hour, then add a scant half teaspoon of soda, sufficient flour to mold and keep from sticking and mold until light in the hands. Let it rise for another hour, mold into small loaves, put in buttered pans, where it can rise for an hour, and bake in a moderate oven.

**Parker House Rolls.**

These rolls are delicious and very easy to prepare. For a six o'clock supper, our Practical Cook begins their rising at two in the afternoon. Bring one cup of milk to a boil with two tablespoons of butter; when cold, pour it into one pint of flour, one tablespoon of sugar, one big pinch of salt, and one-half of a compressed yeast cake dissolved in half a cup of cold water, or two-thirds of a cup of liquid yeast. Beat all together, and set the dish containing the dough in a very warm place, not warm enough, however, to bake or dry it. When it rises to twice its original quantity,

add a scant half-teaspoon of soda, and stir in one more pint of flour. Roll out the dough about half an inch thick, and rub the top with melted butter, cut with a round cutter, fold one half over, and bake ten or fifteen minutes in a hot oven.

### **"Salt Rising" Bread.**

This is the old-fashioned way our fore-mothers used to have of making bread when they had no yeast cakes or baker's yeast. Our Practical Cook has eaten salt-rising bread in Maryland which beat "out of sight" any other bread she ever saw.

The day before baking make the yeast as follows: Mix well a teaspoon ginger, a pinch of soda and one-half teaspoon salt, with one-half cup sifted graham flour. Pour on boiling water and stir till free from lumps. Add enough more boiling water until it is of the consistency of thick sweet cream. Set in a warm place to rise. When light, put away for use.

For the bread, take one-half pint warm water, stir thick with sifted flour, add one-third your yeast, and set in a kettle of hot, but not scalding water. Set in a warm place to rise. When light take one quart each of hot and cold water, add a tablespoon of salt and one of sugar, and thicken with flour. Then add the rising. Beat well, cover half an inch with flour, let rise again in a warm place. When light mix from outside in, knead two or three minutes on the board and each loaf a half minute. Place in well greased pans. Rub each loaf with melted butter. When light bake in a brisk oven forty-five minutes. This makes very nice and healthful bread and can be

made in six hours. The yeast will keep two or three weeks in cool weather and is not injured by freezing. In warm weather make only one-third the quantity of yeast, enough for one baking.

### **Milk Yeast Bread.**

We find in the New England Homestead another recipe for an old-fashioned homemade yeast bread, which may be found convenient when yeast is inaccessible. The author is Mrs. D. E. Pinney:

"At night put one-half teacup new milk in a basin on the stove, let it come nearly to boiling; put two heaping teaspoons good corn meal in a teacup, pour the hot milk onto it, stirring until all is well mixed and no lumps left in. Now cover with a sauce plate or anything that fits the cup, set on a warm soapstone and cover all with anything handy—shawl, coat, etc. In the morning the yeast should be light, though sometimes it takes a little longer; if not light when I first get up, I place it in a dish of warm—not hot—water and keep in a warm place, changing the water if necessary to keep it warm. When light, use half milk for making the sponge, or if you want it particularly good all milk, and if for raised biscuit a little sweet cream. Salt now; not any salt, soda or anything except the milk and meal in the yeast. Make the sponge quite stiff but not hard enough to knead, just stir the flour in with an iron spoon, set in a warm place to rise, which it soon does if everything is all right, then knead and put into the tins. It will not do to let it rise as many times as other bread, as it is so apt to sour, and it should be kneaded before it gets too light, as it then has a very un-

pleasant odor and does not make as good bread. I like this bread better than any other, and a dish of milk with milk-yeast bread is good enough for President McKinley's lunch."

### **Raisin Bread.**

Fruit breads are much liked by some. The dough is made of whole wheat flour, into which is put three half-pints of milk, a teaspoon of salt, a tablespoon of sugar, and half a compressed yeast cake. Scald the milk, and pour it over the salt and sugar. When it has cooled to lukewarm add the yeast dissolved in warm water. Stir in flour to make a drop batter, beat hard for five minutes, and set in a warm place to rise. When light and spongy add two cups of seeded raisins, and flour enough to make a soft dough, turn out on the board, and knead until very smooth. Let it rise again until light, make into two loaves, and bake slowly, keeping the pans covered for thirty to forty minutes, and then removing the covers. Keep a pan of water in the oven. Dates or other dried fruits may be used instead of raisins.

### **English Christmas Bread.**

To about four and one-half quarts of flour add two tablespoons of lard, one handful of salt, one cup of brown sugar. Set on the back of the stove to warm. Boil four medium-sized potatoes, strain and when lukewarm add five yeast cakes, one-half cup of sugar, enough flour to make a sponge. While the sponge is rising add to the flour two pounds of seedless raisins, one and one-half pounds of large raisins, one-fourth pound of candied citron, two teaspoons each of allspice, cinnamon and



mace, one teaspoon of cloves, one handful of caraway seeds. When the sponge is ready add to the whole, use enough lukewarm water to make about the same as white bread, adding one-half cup of syrup to the water. Let rise over night, put in tins, let rise again, then bake in a slow oven.

This admirable recipe our Practical Cook secured from an English lady now resident in this country, who keeps up the old country Christmas customs.

### **March Meeting Loaf.**

This is a Massachusetts dish. The foundation is a plain rusk, and in the olden time when it was originated, the sweetening was homemade maple sugar, and the "currants" were dried blueberries or huckleberries.

In the morning put together one cup of yeast, one cup of sugar, three cups of milk, and flour enough to make a thick sponge. At night, add one cup of sugar, one cup of shortening, one-half butter, one-half lard, and two cups of currants. Add an egg, if you choose, and flour enough to stiffen. Let it rise over night. The next morning knead, and put in pans to rise.

In New Hampshire this goes by the name of "Election Cake."

### **Rusk.**

Mix thoroughly, with two cups of dough that has been raised over night, one cup of sugar, one half cup of butter, two well-beaten eggs, adding flour enough to make a stiff dough; set to rise, and when light, mold and cut or shape with the hands into round biscuit. Place them in a well buttered pan, and when raised very light, bake.

Just before they are done, glaze the tops, gently, with a mixture of molasses and milk.

### **Bread Sticks.**

Bread sticks are an inviting accompaniment for soup. Four cups of flour, a cup of boiled milk, butter size of an egg, tablespoon of sugar, white of an egg, and quarter of a cake of compressed yeast, with sufficient salt. The butter is to be dissolved in the warm milk, and the yeast dissolved in a little cold water. The white of the egg is beaten to a stiff froth. Put all with the flour and thoroughly knead, and let rise over night. Next morning take a piece of the dough about as large as a pullet's egg, and roll out into sticks about a foot long. Place them in long pans, two inches apart, let them rise in a cool place for half an hour, and bake half an hour in a slow oven, when they should be dry and crisp.

### **Fried Bread.**

This is a much appreciated breakfast substitute for rolls or muffins. Take a portion of common raised bread dough, and roll it out half an inch thick. Cut it in small pieces for any sized cake desired, and let them rise while the fat is heating, and fry them as you would doughnuts, in hot fat. They should be served as soon as done, and may be eaten with butter or maple syrup.

### **Fabyan Rusks.**

Cut slices of fresh bread one inch thick, cut each slice in inch strips, removing all the crust. Place in a hot oven until well browned all over. These are certainly most delicious with soup, as we found them at the famous Fabyan House at the White Mountains.

**Boston Brown Bread.**

Mix together three cups of Indian or corn meal, three cups of rye meal, (be sure to have meal, not flour) one teaspoon of soda and one of salt. Add five cups of sweet milk, a scant half cup of molasses, and stir the mixture thoroughly. This will make two loaves. Pour into buttered brown bread tins, cover tightly, put into a kettle of boiling water, allowing the water to come two-thirds of the way to the top of the tin, and boil, well covered to prevent the escape of steam, for seven hours. Tastes differ very much as to time of cooking, as these receipts show. Our Cook says three hours is little enough for any brown bread, but that seven is an excess unless the loaf is very large.

**Brown Bread.**

Two cups of rye meal, two cups of Indian meal, one cup of flour, one cup of sour milk, three-fourths of a cup of molasses, three and one-quarter cups of warm water, two heaping teaspoons of soda. Bake two hours, or steam two and a half hours.

**Lena's Brown Bread.**

This brown bread, which is the best our Cook has ever heard of, is made of one quart of meal and one quart of liquid. The quart of meal is composed of two-thirds rye meal, and one-third corn meal, and the quart of liquid is one cup of molasses, and the remainder of the quart is milk. Mix all together with one egg, a teaspoon of salt, and a teaspoon of soda dissolved in a little of the milk. Boil four hours.

**Sour Milk Brown Bread.**

Sift together three cups of corn meal, three cups of rye or graham, and one teaspoon of salt. Mix with this two cups of sour milk in which is dissolved one teaspoon of soda, two cups of hot water and one cup of molasses. Pour into buttered tins, and steam four hours. The addition of a few seeded raisins greatly improves this.

**Graham Bread.**

Since graham sponge sours much quicker than a sponge made of flour, mix it early in the morning, and put it in a warm place, so that it will rise quickly and be baked before noon.

Mix with two quarts of graham and one quart of flour, one scant teaspoon of salt, half a cup of brown sugar, or molasses, a half cup of yeast, or half a cake of compressed yeast, dissolved in half a cup of warm water, and enough warm water to make a stiff batter. Put this in a warm place, and allow it to rise from three to four hours. When risen, mix with it a scant teaspoon of soda, dissolved in a little warm water, and use enough flour to shape into small loaves. Put the loaves into pans, letting them rise for thirty-five minutes. Bake in a slow oven an hour and three-quarters.

**Danvers Oatmeal Bread.**

To those who like a change, this will furnish all that is desired. One cup of rolled oats, one pint of hot water, one teaspoon of salt, one teaspoon of butter, one-half a cup of molasses, one quart of flour, after it is sifted, one-half a yeast cake. Proceed as for flour bread.

**Little Tea Biscuit.**

It is very usual to measure the flour when making bread or biscuit, and add the milk, but Hood's Practical Cook measures the milk, and adds enough flour to stiffen.

To make twenty-four little tea biscuit use one cup of milk, one heaping tablespoon of lard, one teaspoon of salt, and two teaspoons of baking powder. Sift a cup of flour and rub into this the lard and salt, stir in the baking powder, and then the milk, adding flour enough to handle easily. This dough must not be stirred or molded very much, as the biscuit are better if baked while the baking powder is effervescing. Roll the dough half an inch thick, and cut with a sharp cutter, about an inch and a half or two inches in diameter. Bake in a well buttered tin in a quick oven about twenty minutes, or until a golden brown on top, turn out on a soft cloth and cover with a napkin until served.

**Sour Milk Biscuit.**

Proceed as for "Little Tea Biscuit," using one cup of sour milk instead of sweet milk, omitting the baking powder, and dissolving one teaspoon of soda in the sour milk.

**Sally Lunns.**

One pint of flour, one-half pint of sweet milk, two tablespoons of melted butter, one tablespoon of sugar, one egg, a little salt, one teaspoon of soda and two teaspoons of cream of tartar. Of course baking powder can be used if desired, two teaspoons being about the right quantity. These

cakes are very nice, as has been proven many times in our Practical Cook's household.

### **Rye Cakes.**

Two cups of rye meal, one-half cup of molasses, one and one-half cups of sweet milk, a little salt and one teaspoon of soda. Mix very soft, and bake in a roll pan.

### **Blueberry Cake.**

Berry cake may be made very easily by adding a cup of blueberries, dredged lightly with flour, to a good biscuit dough. A sweet blueberry cake may be made by adding two tablespoons of sugar, and one egg to the shortened biscuit dough. Always dredge the berries with flour. Bake the same as biscuit or breakfast cakes.

### **Pin-Wheel Biscuit.**

This recipe we cut from a report of a lesson to the Boston Cooking School by Miss Farmer. All our Practical Cook has to say is that it sounds very well: Sift two cups flour, four teaspoons baking powder and one-half teaspoon salt; rub in two tablespoons butter, and add two-thirds cup milk. Pat and roll out; brush over thickly with butter, sprinkle with two tablespoons sugar, one-third teaspoon cinnamon, the grated rind of one-half lemon, one-third cup raisins, seeded and cut fine, and two tablespoons finely cut citron. Roll up like a jelly roll, cut pieces from the end, and place in a buttered pan. Bake in a hot oven.

These are nice little biscuits for luncheon, and would be suited for picnic baskets in the summer time.

**Picnic Biscuits.**

Dissolve half a cake of compressed yeast in one cup of thin cream, add two cups of warmed flour and beat very thoroughly. Put in a warm place until well risen, then add sufficient flour to make a very soft dough; divide into two portions; roll each portion to about one-half inch thickness. Spread one sheet of dough with chopped figs or raisins, cover with the other; cut into biscuits of fancy shapes; allow them to rise until very light, and bake.

**Vienna Puffs.**

Sift the night before one pint of flour in a bowl, add one-half teaspoon of salt, one ounce of butter and one teaspoon of sugar; rub the butter fine in the flour, break one-half of a yeast cake into one cup of lukewarm water, add one-half teaspoon of sugar, let it stand in a warm place until it rises to twice its original volume; then add it to the flour, add one egg and mix well together, cover and let it stand till next morning; then butter some gem pans, fill them half full with the batter, and bake in a quick oven till done; serve in a napkin.

**Cornmeal Muffins with Sweet Apples.**

Sift together one cup of yellow cornmeal, one cup of white flour, one-half teaspoon of salt and three (level) teaspoons of baking powder. Beat one egg light, add one-fourth cup of sugar, then two tablespoons of melted butter, and, when these are well mixed, one cup of sweet milk. Stir the liquid into the dry ingredients, and then add one cup of sweet apples, peeled and cut in dice. Bake

in hot, well buttered muffin pans about twenty minutes.

### **Spider Corn Cake.**

One and two-thirds cups of meal, one-third of a cup of flour, one cup of sour milk, one cup of sweet milk, two eggs, one-quarter of a cup of sugar, one teaspoon of soda and a pinch of salt. Have your spider well heated, butter it well, and pour in the mixture. Then pour in, without stirring, one cup of sweet milk, put it in the oven and bake twenty-five minutes. Cut like a pie and serve hot.

### **Pulled Bread.**

There is no nicer dessert for a luncheon or a family dinner than a piece of pulled bread, a bit of good cheese and a cup of coffee. Besides, it is "so English, you know." To make the pulled bread, take a loaf of freshly baked bread, while it is still warm and rather underdone, and pull the inside out of it in irregular-shaped pieces about the size of an egg. Put these in a good oven and bake a delicate brown. They are crisp and full of flavor, and make a delightful combination with cheese and tender stalks of celery, or the white inner leaves of lettuce, in which case the bread may be served with the salad.

### **McKinley Recipes.**

Many readers will be pleased, no doubt, to know how "Mother" McKinley makes her johnny-cake, the kind she made for her son William when he was a boy. Here is the formula:

One-third cup of sugar, one egg, three-fourths cup of cornmeal, butter, size of a walnut (melted),



one cup of sour milk, one cup flour, one teaspoon soda, one teaspoon salt. Mix egg, sugar and butter thoroughly and add milk and soda, then cornmeal and flour.

Here is the way she used to make "flannel cakes": Three eggs, large cup of cooked white hominy, sweet or sour cream — sour cream best — saucer of melted butter, one tablespoon of sugar, beat the whites of eggs, add enough flour for a batter.

The wife of the President tells how to make corn muffins as follows:

One egg, one-half cup cornmeal, one cup flour, teaspoon baking powder, two tablespoons granulated sugar, one cup sweet milk, two tablespoons melted butter, salt.

### **Corn Cake.**

Sift together three cups of cornmeal, one teaspoon of salt and one tablespoon of sugar. Mix this with enough boiling water, in which one tablespoon of butter is melted, to make a thick batter, and pour at once into shallow tins, baking in a quick oven.

### **Toast.**

There are almost as many kinds of toasts as there are tastes. Some like very rare toast, while others like well-done toast. The well-done or entirely dry toast is considered the more healthful. To make it: The bread should be cut in thin slices, and held in the toaster sufficiently far from the fire to dry the bread before the outside is browned. To have the toast soft inside, cut the

slices medium thick and toast over bright coals quickly. Toast should be buttered while hot.

### **French Toast.**

Cut slices of bread moderately thick, dip first in milk, then in beaten egg, to which a pinch of salt is added; turn them, so that all parts will be covered with milk and egg, and fry both sides a golden brown in butter. Serve hot.

### **Royal Cream Toast.**

In this recipe "royal" has a significance. Cream toast, which "looks like sizing," such as is too often found on hotel tables, is not the sort our Practical Cook likes to serve. Take a quart of good milk, and, if you can do so, add half a pint of thick cream, with a piece of butter the size of an egg (if you have no cream use more butter), and mix them in a saucepan set in a kettle of water, or in a double boiler. When brought to a boil stir in a thickening made of a heaping tablespoon of flour stirred smoothly into a cup of milk, adding an egg well stirred in. Cook long enough to cook the flour and thicken the dip.

Dip into this thin slices of well toasted bread or crackers. If the bread has a hard crust, moisten the edges in hot water before putting into the toast dip.

Cream toast that isn't "royal" omits the egg and cream.

### **Rye Muffins.**

One pint of rye, one pint of flour, two teaspoons of baking powder, one tablespoon of sugar, one teaspoon of salt, one egg, one cup of milk.

**Delicate Muffins.**

One tablespoon of butter, two tablespoons of sugar (less if preferred), two cups of pastry flour, two teaspoons of baking powder, one-half a teaspoon of salt, two eggs, one cup of milk.

**German Coffee Cakes.**

To make good coffee cakes in the German style, take two quarts of flour, a pint and a half of milk, three eggs, a quarter of a pound of butter. Set a sponge with one pint of the milk warmed, flour to make a stiff batter, and one cake of compressed yeast. When it has risen sufficiently, add the other ingredients, the butter being worked into the flour; then knead well. The cake should be rolled, or better, pressed out with the fingers very thin for baking. When in the pan, brush over with melted butter, and on top place chopped almonds, cinnamon and sugar. Bake in a moderate oven. The cake may be sweetened to taste. The greater part of the sweetness should be on the top.

**Pop Overs.**

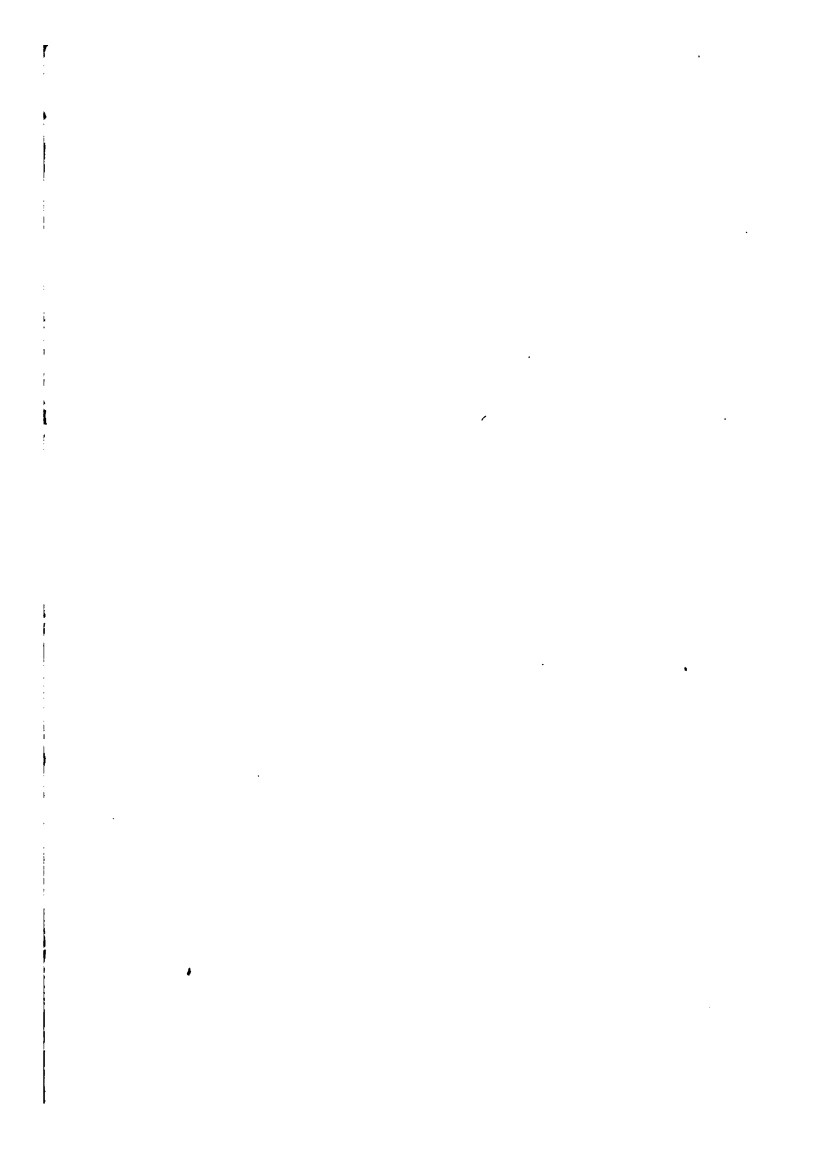
To be very successful with pop overs the oven must be hot, and continue to be so, or hotter, until the cakes are removed to the table. Beat three eggs in a deep bowl, add three cups of milk, three cups of flour and a pinch of salt. Beat all thoroughly, pour into gem pans, and bake half an hour. One-third of this recipe will make one dozen, or enough for two in the family.

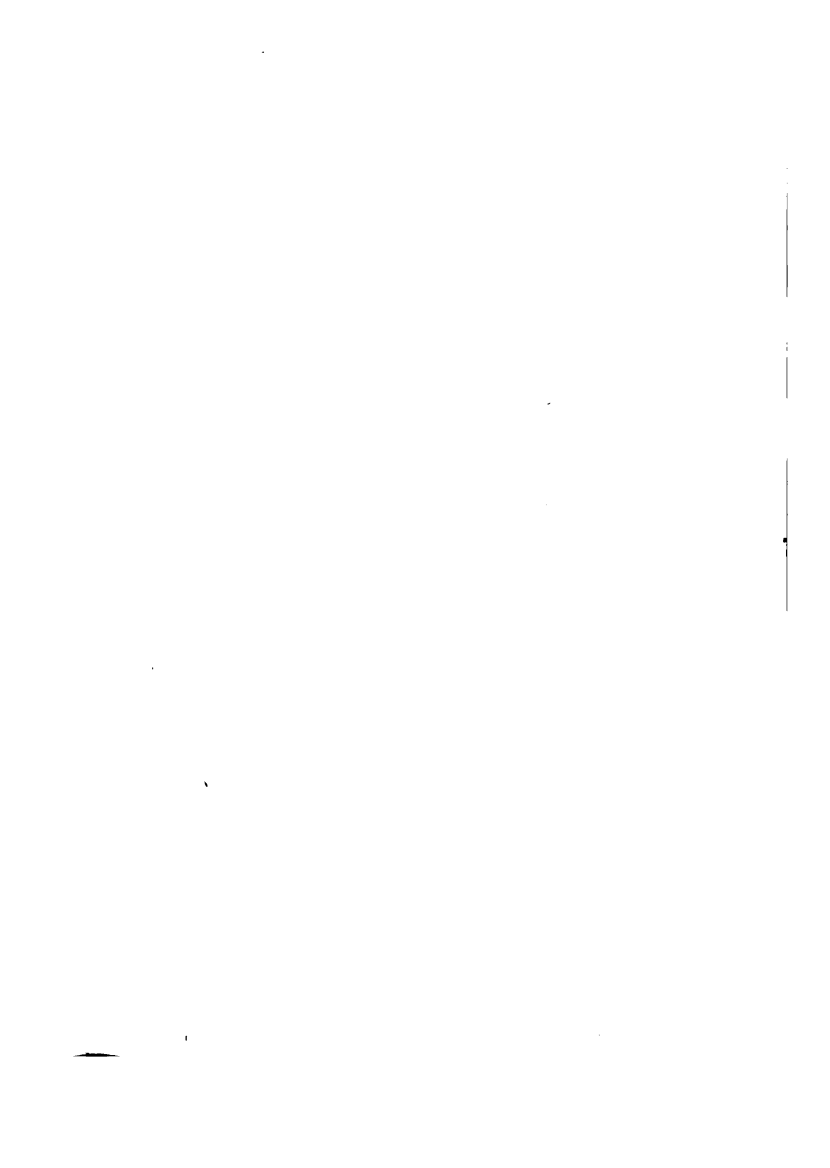
**Brewis.**

Brewis makes an appetizing breakfast dish. It is made of stale brown (rye and Indian) bread, cut into small cubes, and stirred lightly into a pint or more of hot milk with salt and a piece of butter, the whole being allowed to simmer a few minutes. Do not make a mush of it in stirring, but keep the dice whole as far as may be.

**"Good Bread"**

Is the title of a little book which we publish, and which has been found of value by many housekeepers. It is prepared by the best authority on this branch of cooking, and gives many recipes, the result of long experience and good judgment, and which will enable the most inexperienced to make the various grains into good bread. This book comprises sixteen pages. We will send a copy to any address upon receipt of a two-cent stamp.













**Any Fruit Fritters.**

Batter for all fruit fritters is essentially the same, and is made as follows: To the yolks of two eggs add one cup of cream, mix one and a half cups of flour in a bowl with one tablespoon of melted butter, stir in the eggs and milk. Beat hard, add quarter teaspoon of salt; when ready to use add one level teaspoon of baking powder and the well-beaten whites of the eggs. For banana fritters, slice eight bananas either lengthwise or across, dip in the batter and fry in hot lard or oil. For pineapple fritters, pare and slice the pineapple several hours before it is to be used, and sprinkle with sugar. Dip in batter and fry the same as the banana fritters.

**Banana Fritters.**

Peel and slice two bananas cut in halves lengthwise and then cut each piece crosswise, sprinkle with lemon juice and let stand an hour or two. Take one tablespoon of sugar, two of butter, one cup of flour, one-half cup of milk, one-quarter of a teaspoon of soda. Dip the pieces of banana in the batter and fry in hot lard. For the sauce use one cup of sugar, and one-half cup of hot water. Boil and flavor with vanilla.

**Sponge Fritters.**

At the Boston Cooking School, Miss Farmer illustrated her talks with practical dishes made in the presence of the class, and they were reported in the daily papers. Among them we take now and then a rule, the following being one of them:

Pour seven-eighths of a cup of scalded milk over one-third cup of sugar. Cool, and add one cake

yeast dissolved in two tablespoons warm water; add one and one-third cups flour, and let it rise until it doubles its bulk. Then add two beaten eggs, the grated rind of one-half lemon, one-fourth teaspoon salt and one and one-third cups flour. Let it rise again, cut down, roll out and cut in small round fingers, and let rise again. Put two rounds together, forming a depression in the centre of each, place a little marmalade on the under one, and wet the edges with milk; press very firmly together with floured fingers and drop into fat, hot enough to brown a small cube of bread in sixty seconds. When cooked, drain on brown paper, and sprinkle with powdered sugar. The fritters will require twelve or fifteen minutes to cook, turning them occasionally. A mixture of currant jelly and quince marmalade, one-third jelly, two-thirds marmalade, and beaten together until smooth, was used at the school. Any kind of canned fruit, drained from its juices, may be used for a filling.

### **Celery Fritters.**

Beat together the yolk of one egg, with three tablespoons of cold water, add one-quarter of a cup of flour and beat until smooth, add one-half teaspoon of salt, a dash of pepper and two teaspoons of olive oil or melted butter, and beat again. Beat the white of the egg to a stiff froth and stir into the batter. This should make it of the consistence of a thick pour batter. Set away for two or three hours. In the meantime cut the celery into four-inch lengths, drop into boiling salted water for ten minutes, drain and dry on a towel. Dip each stalk into the batter and drop into smoking-

hot fat. When golden-brown, drain on unglazed paper and serve.

### **Corn Pancakes.**

Grate six large ears of corn, add to this the beaten yolks of two eggs, one cup of milk, one cup of flour, a little salt and pepper, and when well mixed stir in the stiffly beaten whites of the eggs. Bake on a hot griddle.

### **Corn Fritters.**

Five ears of fresh green corn (or canned corn of like amount — though green is preferable) three eggs, two tablespoons of milk or cream, one tablespoon of melted butter if milk is used, and a teaspoon of salt. Beat the eggs well, add the corn and other ingredients, thicken with flour enough to hold them together, in which has been mixed a teaspoon of baking powder and one-fourth teaspoon of soda. Fry as you would any fritters.

### **Waffles.**

These require a waffle iron, and they are a fine supper or breakfast dish, if well served. Gradually mix a pint of sifted flour with milk enough to make a thin batter, and two eggs beaten very light. Add a tablespoon of melted butter, and salt to taste. The iron should be greased, and cook each side for about half a minute. Serve hot with syrup, or butter and sugar.

### **Rice Waffles.**

Sift one quart of flour with two teaspoons of baking-powder and a teaspoon of salt; add a cup of cold boiled rice, a tablespoon of melted butter,

two beaten eggs, with sweet milk to make thin batter. Bake in well-greased waffle-tins, and serve with maple syrup.

### **French Pancakes.**

The ingredients are three eggs, a cup of milk, half a teaspoon of salt, a teaspoon of sugar, half a cup of flour and half a tablespoon of good salad oil. The yolks and whites of the eggs are beaten separately, and the yolks are put with the milk, salt and sugar. One-third of the mixture is poured on the flour, which is stirred to a smooth paste. The remainder of the milk is added, and the whole beaten, after which the oil is stirred in. A small frying pan is heated and buttered, and enough of the mixture is poured in to cover the bottom, and cooked brown on both sides. The cakes are spread with butter and jelly, rolled up and sprinkled with powdered sugar. French pancakes are often served with meats.

### **Fried Drop Cakes.**

Our New England nomenclature calls them pan cakes, and on a Yankee table they often make a dessert dish served with bottled cider and sugar. Sherry and sugar also help make them a delicious dessert.

A pint of milk, three eggs, teaspoon of salt. Mix with flour to a thin batter, and drop from a large spoon into hot fat.

### **Griddle Cakes.**

Into one cup of sweet milk stir enough flour, with one teaspoon of baking powder sifted in it to make a smooth, creamy batter, add a good-sized pinch of salt, pour on to a hot buttered

griddle and fry to a golden brown, turning carefully to preserve the round, even shape. If sour milk is used, dissolve one teaspoon of soda in it, and omit the baking powder. An egg or eggs may be added, but they rather toughen the cakes than add to their goodness.

### **Buckwheat Cakes.**

Since the self-rising buckwheat preparations have come into the market, the buckwheat cakes our mothers used to "bake" have been relegated to the attics of our memories, and are called old-fashioned and slow. Raised over night with yeast does take more time, but they are enough better to pay for the time and trouble.

In an earthen jar or deep dish put one pint of warm water, one teaspoon of salt, one-half cake of yeast dissolved in a little warm water, one tablespoon of molasses, and enough buckwheat to make a batter as thick as cream. Stir until free from lumps; let it rise over night, and in the morning add a scant teaspoon of soda dissolved in a little water. Pour in small cakes and fry both sides a golden brown on a hot buttered griddle. Serve with butter and syrup.

If cakes are wanted every morning, leave a cup of batter to raise them, instead of fresh yeast.

### **Doughnuts.**

Mix together one cup of sugar, one egg, and four tablespoons of melted butter, a pinch of cinnamon and a quarter of a nutmeg, grated, a little salt, a cup of sweet milk with one teaspoon of soda dissolved in it, one cup of flour with two teaspoons of cream of tartar sifted in it, and enough

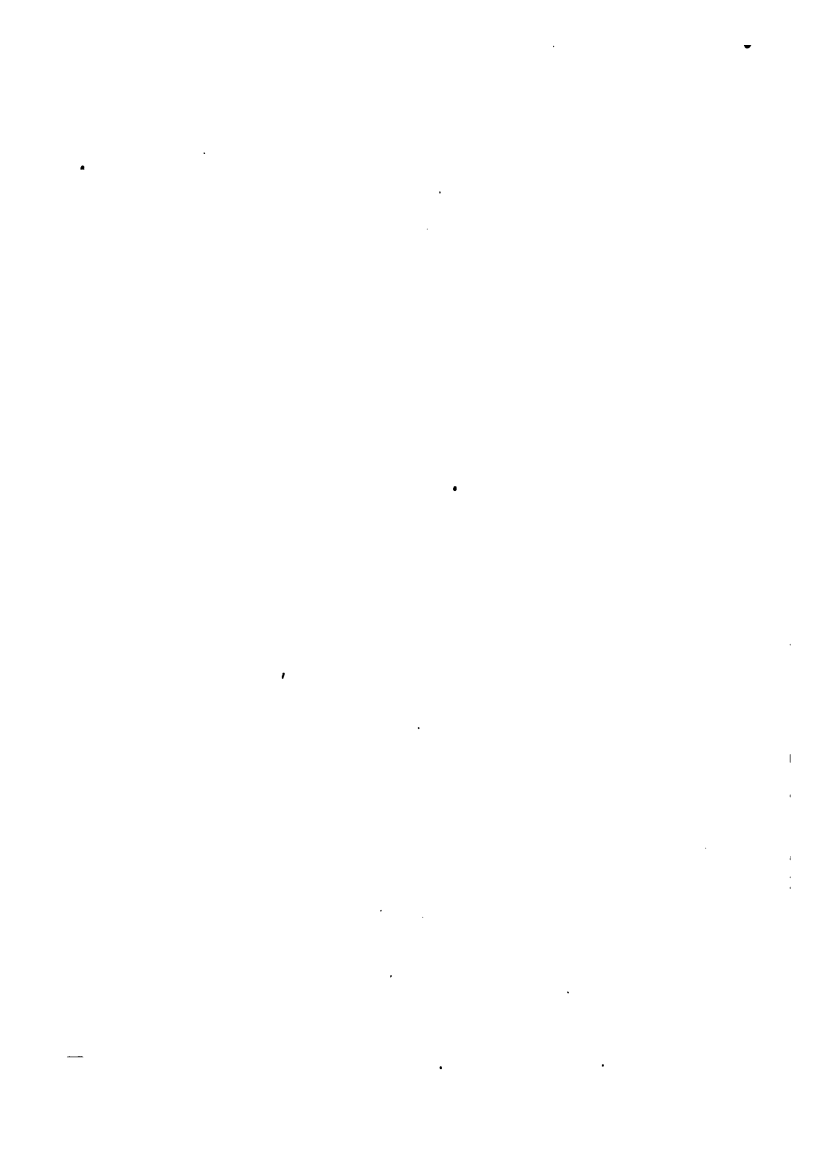
more flour when this is mixed smoothly to make a dough stiff enough to be rolled. Roll half an inch thick, cut in strips and twist or form in rings, and fry in hot fat.

### **Raised Doughnuts.**

Add to one pint of milk-bread dough one egg, one-half cup of sugar, one-fourth of a teaspoon of soda and one-half pint of warm milk. Add flour enough to knead, and let it rise until morning, when it should be cut and fried without re-molding.

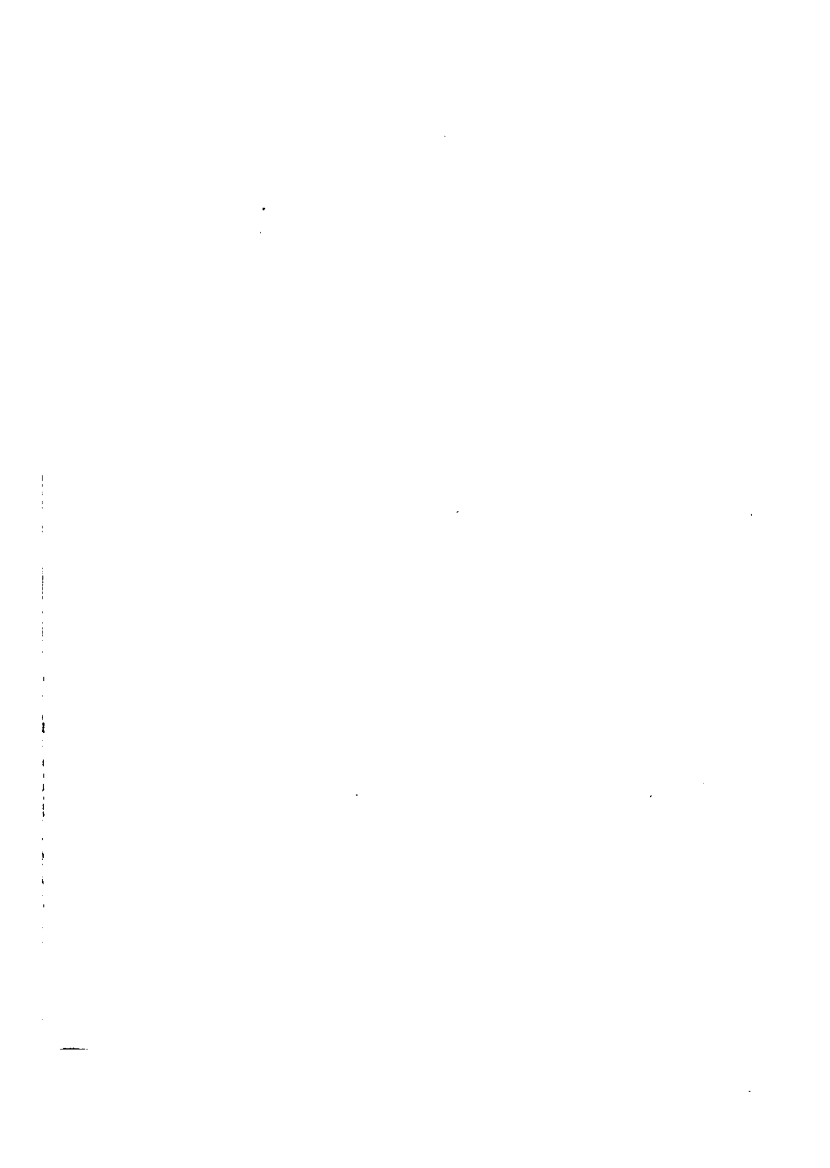
### **Crullers.**

Mix thoroughly two well beaten eggs, a pinch of salt and flour enough to make dough stiff enough to roll. Roll very thin and fry in batter much hotter than for a common doughnut.









# Sandwiches.

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**L**IKE salads, sandwiches are rather for the luncheon or picnic basket than for the table at regular meals. They may be varied almost indefinitely and made of almost everything eatable. We give some of the more common rules, as well as a few out of the common run, and these will suggest others. It is more of an art to make a sandwich than most people think — even of the plainest sort. A thick, dry, stuffy sandwich is an objectionable affair. The bread should be just a little stale, but not dry, and it should be cut thin, and if buttered, or if the sandwich be a paste, it should be evenly spread. The crust should be cut from the bread, and the two pieces which form the sandwich should be firmly pressed together. If a slice of meat is used, it should be very thin and should not be quite as large as, and certainly no larger than, the bread. It is a good plan, after removing the crust from the bread, to spread the whole slices, and having put the two together cut them in triangles into smaller sandwiches.

Special rules need not be given for the plain

meat sandwiches — such as ham, tongue, corned beef, and the like. If mustard is used, it should be carefully and evenly spread on the meat, and it should be freshly mixed. The use of pronounced flavors in sandwiches is not desirable, since so many people do not like them, and it is offensive to bite into a sandwich and find it strong of onion, or any other flavor which is disliked. It goes without saying that the butter used should be of the best quality. Rank butter is even worse than rank onion or mustard.

### **Salmon Sandwiches.**

Canned salmon may be used, but if the fresh is obtainable it is better. If canned is used, the oil should be thoroughly drained off and the fish finely shredded. It may be seasoned as one likes. Or both upper and under slices may be spread with the fish, and sliced cucumbers, which have been soaked in French dressing, may be placed between.

### **Egg and Cheese Sandwiches.**

Take the yolks of six hard boiled eggs and rub into them a tablespoon of Edam or other cheese, adding a little cream to form a paste. Season with salt and a bit of cayenne or some paprika, and spread on buttered bread.

### **Deviled Egg Sandwiches.**

Take deviled eggs, for which a rule is given under the head of "Eggs," for filling.

### **Chicken Sandwiches.**

Chicken sandwiches are improved by chopping only the white meat and adding two or three olives

finely chopped. Mix together into a smooth paste with mayonnaise dressing and spread between very thin slices of bread.

### **Egg Sandwiches.**

Rub the yolks of six hard boiled eggs with sufficient mayonnaise to make a thick paste. Spread bread with a thin layer of mayonnaise dressing, lay on white lettuce leaves, and put the egg mixture between the leaves. Press firmly together, and serve as soon as possible after making.

### **Sardine Sandwiches.**

Remove the skin and bone, and drain off all the oil from a box of sardines. Do this as carefully as possible to avoid breaking up the fish; squeeze lemon juice over the sardines, and place two of the fish between slices of buttered bread cut very thin.

### **Lettuce Sandwiches.**

Boil eggs till they are crumbly, and chop them fine and season with salt and pepper. Get nice tender lettuce and pick it to finest shreds with the fingers. It ruins lettuce to chop it with steel. Mix egg and lettuce evenly, spread daintily on thin slices of buttered bread, and drop over it some nice salad dressing, then cover with another thin slice of buttered bread. Always make sandwiches very thin.

### **Cucumber Sandwiches.**

Remove the skin from a good-sized green cucumber, cut in thin slices and put into ice water for half an hour. Drain the slices, and dip them

in French or mayonnaise dressing and place between very thin slices of bread, and cut the bread into the shape of the slice of cucumber.

### **Olive Sandwiches.**

Butter the bread lightly, spread over one slice a thick layer of olives cut in small pieces with a little mayonnaise dressing spread over. Lay the other slice of bread upon it and press the slices together. Trim off the crusts and cut the sandwiches into squares.

### **Walnut Sandwiches.**

A sandwich which always brings praise is made of Neufchatel or cream cheese and English walnuts. Butter the bread lightly, then spread over each slice a layer of cheese about an eighth of an inch thick, then a thick layer of nuts cut into pieces about a quarter of an inch in length. Sprinkle lightly with salt before putting the slices together.

### **Salad Sandwiches**

Are made with lettuce, cucumbers and capers, all finely chopped and mixed with a little mayonnaise dressing, then placed between two unbuttered slices of bread.

### **Peanut Sandwiches.**

Remove the skin from roasted peanuts, put them in a meat chopper and grind them to a paste. Spread a thick layer on unbuttered bread, adding a light sprinkle of salt before folding the slices together.

### **Pate de foie Gras Sandwiches.**

Spread the bread with foie-gras butter, which

comes in small cans, lay on very thin slices of any game, covering with another slice of bread which has been generously spread with foie-gras butter.

### **Cheese and Olive Sandwiches.**

On unbuttered slices of bread spread a thick layer of cream cheese, then a thin layer of olives cut into small pieces. Press the bread together firmly.

### **Date Sandwiches.**

Remove the stone from the date and mash the fruit to a smooth paste, then spread a generous layer on unbuttered slices of bread.

### **Nasturtium Sandwiches.**

Butter the bread and then lay on one of the slices a medium-sized nasturtium leaf, spreading over it the thinnest layer of mayonnaise dressing. Fold the slices of bread together, cut out the sandwich in the shape of the leaf and let the stem stick out. Only the least bit of mayonnaise should be used as the nasturtium has a great deal of flavor of its own. This is one of the oddest and daintiest of sandwiches, and unfortunately is more easily made in summer when the leaves can be readily had; but they can be secured from the florist in the winter season, and will repay any hostess for her trouble in getting them.

### **Celery Cheese Sandwiches.**

A new and crisp celery sandwich is made from crisp celery, whipped cream and grated cheese. Do not attempt to make this sandwich at all unless you can get celery that is tender and nice. Chop

it very fine, set it on ice; then mix that and the grated cheese as a seasoning with the whipped cream.

### **Chicken Jelly Sandwiches.**

Trim all the crust from the bread to be used, spread the end the sandwiches are to be cut from with butter and chicken jelly (see recipe for same) cut very thin and roll. If a flat sandwich is desired, cut the slice diagonally and press the two pieces firmly together.

### **Omelet Sandwiches.**

An excellent sandwich is made from cold egg omelet pressed firmly between two thin well buttered slices of bread. Trim the crusts from the bread and cut diagonally, making triangular sandwiches.





## Corn Starch.

Corn Starch is one of the things which no well regulated kitchen will be without. Its uses are many, both as a separate article, and in combination notably with milk and other things in various dishes. It is much better than flour for thickening many dips, sauces, gravies, and the like, being smoother and finer, as well as giving a delicate color which flour cannot furnish. As a pudding basis, or as an ingredient for giving body to certain dishes, it is invaluable. And like all the staple articles prepared for kitchen use, its value depends on its purity and uniform quality. Kingsford's Oswego Corn Starch has been familiar to us from childhood. Our grandmothers used it more than half a century ago, when corn starch stood more alone and free from the many imitations of today, our mothers have used it, and we have used it. It stands clearly ahead of like preparations all over the country, and is an unquestioned standard. If it bears the name of T. Kingsford & Son, there is no more question as to its quality, than there is to the validity of the cheque of the Rothschilds. If you read any book of recipes, you will find corn starch a frequent ingredient called for. If you have Kingsford's, you may feel sure that you have the right kind. Hood's Practical Cook endorses it to the full as an article which is essential to full equipment of the culinary department of every household, and as the very best of its class.

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# Puddings and Sauces.

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**T**HE pudding list is endless. The cook books are crowded with rules for all sorts of compositions that go under this name—hot, cold, baked, boiled, steamed, fried and raw. The pudding is a historical dish, and it has been the garnisher of many a romance. Dickens has made a Christmas Pudding immortal. Burns has made the Scotch haggis, which is a pudding, a national culinary monument. The margin between the plainest and richest puddings is a wide one, and there is every grade between. The average family dinner table would be incomplete without its pudding, although in New England, pie still holds its supremacy. We give as many and as varied recipes for puddings as our book ought to be called upon to furnish.

## **Dainty Indian Pudding.**

Boil one pint of milk in a saucepan, add two tablespoons of sugar, one teaspoon of butter, and sprinkle in two ounces of white Indian meal. Set the saucepan in a vessel of boiling water, and boil fifteen minutes. Remove, and let it cool off a lit-

tle; then add two well-beaten eggs, one teaspoon of ginger, butter and dust with sugar four cups. Then put the mixture into the cups, set them in a pan of hot water, let the water reach one-third up the cups, and bake in oven till done. Remove from the cups and serve with this sauce: Mix in a small saucepan one teaspoon of cornstarch with a little cold water; add one cup of boiling water and half a tablespoon of butter; stir and cook five minutes. Add two tablespoons of lemon juice, and sweeten with sugar.

### **Grandmother's Indian Pudding.**

"This is 'the kind that grandmother used to make,' and is the best pudding you ever put in your mouth," says a cook of experience to our Practical Cook. One cup of Indian meal, a piece of butter the size of an egg, one cup of molasses, one egg, one teaspoon of salt and one-half teaspoon each of ginger and cinnamon. Boil one quart of milk and while boiling hot stir in the Indian meal and add the other ingredients. When ready put into a bean-pot and add one pint of cold milk and one-half pint of hot water, without stirring. This is to form the whey. Bake four hours slowly.

### **A Modern Indian Pudding.**

Mix together two tablespoons of corn meal, wet with one pint of cold milk, one-half cup of molasses, a little salt, and one egg, and stir this gradually into a quart of boiling milk, stirring until all is thick and free from lumps. Pour it into a buttered pudding dish, and bake in a moderate oven three hours. Serve with plain cream.

**Boiled Indian Pudding.**

Warm together one pint of molasses and one pint of milk, add one pound of chopped suet, four eggs well beaten, one teaspoon of cinnamon, half a nutmeg and the grated rind of one lemon. Mix thoroughly and add meal enough to make a thick batter. Dip a pudding cloth in boiling water, wring slightly, dredge with flour and pour the mixture in. Tie up, allowing room to swell, and boil three hours. Serve with hot sauce.

**Berry Pudding.**

Beat to a cream one cup of butter with two cups of sugar, add four well beaten eggs, one cup of sour cream in which one teaspoon of soda is dissolved, and four cups of flour. Stir all together and add one quart of berries dredged lightly with flour. Wring a pudding cloth out of boiling water, dredge it with flour, and pour the batter in, tying it loosely enough to allow the pudding to swell. Plunge this into boiling water, and boil for three hours. This pudding can be steamed, but an hour longer should be allowed for the steaming. Serve with wine or vinegar sauce.

**Steamed Cherry Pudding.**

Steamed cherry pudding may be made by separating two eggs, and adding to the yolks a cup of milk; stir in one and a half cups of flour and a tablespoon of butter melted; beat thoroughly and add one rounding teaspoon of baking powder. Stir in one cup of stoned cherries well floured, or a cup of seeded raisins, or the same of currants, or you may substitute blackberries for currants;

then stir in the well-beaten white of one egg, turn into a greased mold and steam one and a half hours.

### **Cherry Cup Pudding.**

One of the simplest cherry puddings is made of two cups of flour, two tablespoons of baking powder, a tablespoon of butter rubbed through the flour, and about a cup of cream or rich milk enough to make a soft paste. Butter tin cups holding half a pint. Drop a tablespoon of the batter in them, then a tablespoon of cherries, then a tablespoon of the batter. Set them in a steamer and let them steam for three-quarters of an hour, or bake them in an oven for twenty minutes or till done. For a boiled cherry pudding, add three eggs to this mixture and a pint of cherries. Put it in a pudding mold and steam it for two hours.

This recipe and the one preceding may apply to almost any fruit, as well as cherries.

### **Gooseberry Pudding.**

Put a quart of green gooseberries into a saucepan with two tablespoons of water. Boil until soft and pulp through a sieve; add ten ounces of sugar, one ounce of butter, and sufficient fine bread crumbs to make a thick consistency. Butter a pudding dish, pour the mixture in and bake one-half hour. Serve hot with sauce or cold with cream.

### **Boiled Gooseberry Pudding.**

Boil some gooseberries until soft enough to pulp through a sieve. To every pint of pulp add one-half pint of bread crumbs mixed with a quarter of a pound of flour. Beat well together and

mix with three eggs well beaten, the grated rind of a lemon and one-half teaspoon of cinnamon. Have ready a buttered mold, pour the mixture in, tie with a floured cloth and plunge into boiling water. The water should come up three-quarters on the mold, and it must be kept boiling at least two hours. Turn the pudding onto a dish, sprinkle with sugar and serve. This is nice served with a compote of gooseberries as a sauce, or use any sweet sauce. No sugar must be added to the pudding before boiling as it would render the pudding heavy. Chocolate or cinnamon sauce are both good to serve with the pudding; and in this and preceding recipe rhubarb may be substituted for the gooseberries.

### **Strawberry Dumplings.**

For these use three cups of flour, one heaping teaspoon of baking powder, one quarter teaspoon of salt, two tablespoons of butter, and sufficient milk to form a soft dough. Mix together the flour, baking powder and milk. Rub in the butter and wet up with the salt. Roll out about a half an inch thick and cut into four-inch squares. In the centre of each place three or four large berries, and gather up the paste around them. Set it on a greased tin and steam for twenty-five minutes. They should be eaten with a strawberry sauce, prepared by beating together two tablespoons of butter and one cup of powdered sugar, flavoring with a few drops of lemon juice and stirring in a small cup of berries.

**Peach Batter Pudding.**

Use sound, ripe fruit, and peel and remove the pits from enough to fill the dish required, placing the peaches close together, and pour a half cup of water over them. To make a batter, mix together one pint of flour, two tablespoons of sugar, a salt-spoon of salt and two teaspoons of baking powder. Rub through a sieve and add one cup of milk and two well-beaten eggs. Stir until a smooth dough is formed and add three tablespoons of melted butter. Pour this batter over the peaches and bake or steam. It should be eaten hot with a rich liquid sauce.

**Corn Starch Pudding.**

This is pronounced a first-rate recipe: A pint of milk, whites of three eggs, two tablespoons of corn starch, three tablespoons of sugar, and salt to taste. When the milk boils add the sugar, and the corn starch dissolved in a little milk, and boil until it is thick, then remove from fire, add the beaten whites of the eggs, and beat them all thoroughly together and put in a mold. Flavor with lemon.

For a sauce, make a custard of a pint of milk, three tablespoons of sugar, and the beaten yolks of the eggs, beat till it thickens, stirring well. The sauce may be flavored with lemon, vanilla or almond.

**Orange Pudding.**

Squeeze the juice of two oranges and one lemon into a saucepan with one cup of sugar and one cup of water. When the mixture boils, add three tablespoons of corn starch, wet in a little cold water, and cook for ten minutes. Stir in the



beaten whites of three eggs, and let it stand in a warm place for two minutes. Pour into a wet mold a little of the pudding, place on this a layer of sliced orange, add more pudding, and a layer of orange, until the mold is full. Make a custard of the yolks of the eggs, one pint of milk, two table-spoons of sugar and a tablespoon of grated orange rind. Serve cold. The custard may be served in a separate dish, or the pudding may be turned into a deep dish and the custard poured around it.

### **Banana Pudding.**

Put one quart of milk in a double boiler, when brought to the boiling point add to it four eggs, beaten with one cup of sugar, stir constantly until it begins to thicken, and remove at once. If allowed to stand a moment the custard will curdle. If you are unfortunate enough to have it curdle, pour in about a tablespoon of cold milk, and beat rapidly for a few minutes with a Dover egg beater. When cool pour over thinly sliced bananas, in a deep dish, ornament the top with the beaten white of one egg into which stir sufficient sugar to stiffen. Drop this from a spoon at intervals, and place on the top of each drop of frosting a square half inch of currant or grape jelly.

### **Steamed Fig Pudding.**

Moisten two cups of grated oatmeal, or graham bread crumbs, with half a cup of sweet cream. Mix into it one cup of finely chopped, fresh figs, a quarter of a cup of sugar and a cup of milk. Pour into a buttered pudding mold and steam for two hours and a half. Serve with whipped cream or with a hot pudding sauce.

**Another Fig Pudding.**

One-quarter of a pound of figs chopped fine, two cups of bread crumbs, one cup of brown sugar, one-quarter of a pound of suet chopped fine, two eggs, grated rind and juice of one lemon, tablespoon of molasses, one-half nutmeg, grated, one tablespoon of flour. Mix the chopped figs and suet with the bread crumbs, add the eggs beaten with the sugar, then the lemon, molasses, spice and flour. Turn into a buttered melon mold and steam three hours. Serve with a lemon sauce.

**Cranberry Pudding.**

Take one-half cup of milk, one-half cup of flour, one-half pint of cranberries, one-half cup of sugar, butter the size of a walnut, one-half teaspoon of soda, one teaspoon of cream tartar and one egg. Steam three-quarters of an hour; stir the cranberries into the batter as if they were raisins for plum pudding.

**Apple Pudding a la Waldorf.**

Peel, core and slice sufficient apples to fill a baking dish. Butter the dish thickly and put in the apples in layers, alternating them with stale cake crumbs and a little melted butter, using two tablespoons of the latter to a pint of apples. Let the last layer be a thick one of cake crumbs and put in a moderately hot oven until the apples are tender. Then beat together two eggs and two tablespoons of sugar (more should be added if the apples are very tart), add one cup of cream and

pour it over the apples. Return to the oven until the pudding is a rich golden color and serve with cream.

### **Raspberry Pudding.**

Take six or eight slices of bread, cover thickly with butter, place in a pudding dish with alternate layers of raspberry jam; pour over this a cup of milk; cook one-half hour and serve with cream.

### **Soda Cracker Pudding.**

Three soda crackers soaked in one and one-half pints of milk; cream one-half cup of sugar and one-eighth cup of butter, add three beaten eggs, salt and spice of all kinds; stir in the milk, add one cup of stoned raisins and bake two and one-half hours.

### **A Nice Cracker Pudding.**

Take five common crackers, roll fine and soak in milk over night. Add one pint of sweet milk, half a cup of butter, three-quarters of a cup of sugar, four eggs, one cup of raisins, half teaspoon of clove, the same of cinnamon, and half a grated nutmeg. Bake. For the sauce, take one-third of a cup of butter, two-thirds of a cup of sugar, and the yolk of an egg beaten lightly. After cooking a few minutes, add the beaten white of the egg, stirring in a little at a time.

### **Bread and Prune Pudding.**

Soak a pound of prunes in warm water all day. Butter a baking dish and put in a layer of stale bread cut in thin slices and buttered a little, then a layer of stoned prunes, and so on until the dish is full, the last layer being bread. Beat two eggs

with a quarter of a cup of sugar, add a pint of milk and pour over the prunes and bread, and bake one hour.

### **Aunt Jane's Bread Pudding.**

Butter three thick slices of stale bread, and put in a buttered pudding dish with one pint of milk. Set this on the back of the stove, or, if there is a stove shelf, on the shelf, and allow it to soak one hour. Beat two eggs with a pinch of salt, and pour, with a large cooking spoon of Jamaica rum, into the bread and milk, breaking the bread in pieces with the spoon. Sprinkle in a few seeded raisins, or currants, and bake in a slow oven, until perfectly done, usually about an hour and a half. Serve with a hard sauce.

### **Cottage Pudding.**

Melt four tablespoons of butter in the pan in which the pudding is to be baked. Pour this on one egg beaten with one cup of sugar, add one-half a cup of sweet milk, in which one-half teaspoon of soda is dissolved, and two cups of flour sifted with one teaspoon of cream of tartar. Bake in a moderate oven. The butter remaining in the baking pan after melting is sufficient to grease the pan. Serve with butter sauce, or with a liquid sauce into which fresh strawberries mashed with sugar have been stirred.)

### **Fruit Tapioca.**

This nice, simple dish is easily made. Soak over night three-quarters of a cup of tapioca. In the morning drain off the water and place it in a double boiler with four cups of hot water. Cook

until quite clear and transparent. Then remove from the fire and stir in a pint of fresh strawberries, cut up oranges or sliced apples. Sweeten to taste and eat either hot or cold with whipped cream.

### **Taffy Tapioca Pudding.**

One cup of pearl tapioca, soaked over night in a generous quart of water. Then put in three cups of brown sugar. Stir well together, and bake slowly till like taffy. After taking from the oven, stir in one teaspoon of vanilla and one tablespoon of lemon juice. Eat with cream. This is good either hot or cold.

### **Cocoanut Pudding.**

Boil in a pint of milk three tablespoons of cocoanut till soft. Soak in an earthen dish two cups of fine bread crumbs for two hours, mix with the milk and cocoanut, add the yolks of two eggs, salt and sugar to taste, flavor with lemon and a little nutmeg, if you like it. Bake three-quarters of an hour. For the frosting use the whites of two eggs beaten stiff, three tablespoons of powdered sugar and one tablespoon of cocoanut. Set in the oven to brown.

### **Pineapple with Rice.**

This is an admirable dessert. Put a pint of milk over the fire, and the moment it boils add a third of a cup of well-washed rice, and half a teaspoon of salt. Let the rice cook in a double boiler in the milk for half an hour. Add two eggs well beaten, and three tablespoons of granulated sugar. Have ready a buttered two-quart mold, in the bottom of which put an inch layer of the prepared

rice, then a layer of stewed pineapple, and so on alternately. When the mold is filled set it into a pan of hot water, and cook in a moderately hot oven for half an hour.

Serve with the following sauce: Put a pint of cold water and half a pound of granulated sugar in a saucepan over the fire; moisten an ounce of corn starch with a gill of cold water, and add it to the sugar when boiling, stirring all the while until it is clear. Flavor to taste.

#### **Bird's Nest Pudding.**

Pare and core, leaving whole, six tart mellow apples and place in a deep buttered dish. Mix smoothly in a small quantity of cold milk, two tablespoons of flour, pour into this two-thirds of a quart of boiling milk, add three eggs, the yolks and whites beaten separately; pour all over the apples and bake in a quick oven. Serve with hard sauce.

#### **Sweet Chocolate Pudding.**

Bring one quart of milk to the point of boiling, and pour it over one pint of bread crumbs, letting it stand one hour; then add eight tablespoons of grated chocolate, six tablespoons of sugar, a piece of butter the size of an egg (melted), one teaspoon of vanilla, mix thoroughly and bake nearly an hour and a half. Serve with thick cream, hard, or creamy sauce.

#### **Chocolate Pudding, No. 1.**

Soak one pint of stale, but not hard, bread crumbs in one quart of milk; when soft add one well beaten egg, three tablespoons of grated chocolate, one teaspoon of vanilla, one-half teaspoon of

salt, and one tablespoon of sugar. Bake slowly about an hour. When it is done it should be of the consistency of a baked custard.

SAUCE: Beat together one cup of powdered sugar, a piece of butter the size of an egg, one egg, and one teaspoon of vanilla.

### **Chocolate Pudding, No. 2.**

One pint of bread crumbs and a pint of milk; put on the back of the stove and let stand till the crumbs are softened, then add another pint of milk, two eggs, one cup of sugar, a piece of butter the size of a walnut, four tablespoons of grated chocolate and a little salt. Bake three-quarters of an hour.

For a sauce, beat the whites of two eggs to a stiff froth, add one cup of powdered sugar, the yolks of the eggs, and one-half cup of milk. Flavor with vanilla.

### **Simple Baked Rice Pudding.**

Take about a pint of milk and put into it half a cup of rice with a little salt. Let it bake two hours, and it will crust over and be quite brown. When ready to serve remove the crust, and have cream if possible to eat on it, with sugar, of course.

Our Practical Cook says use not less than three half-pints of milk, and put a tablespoon of sugar into the rice and milk. Nor does she "remove the crust," which she considers one of the delights of this pudding.

### **Queen of Puddings.**

Put to soak in one quart of milk, one pint of fine bread crumbs; after soaking until soft, add the

yolks of four eggs beaten with one cup of sugar, the grated rind of one lemon, and a piece of butter the size of an egg. Bake one hour. When removed from the oven spread the top with jelly, jam, slices of oranges or bananas, and cover the whole with the whites of the eggs beaten to a froth, one cup of sugar, and the juice of the lemon. Brown lightly in the oven. This is good either hot or cold.

### **Batter Fruit Pudding.**

One-half cup of sugar, one-half cup of suet, one cup of currants, one cup of chopped raisins, a pinch of clove, cinnamon, and mace, one egg, one and a half cups of flour, one and a half teaspoons of baking powder, one cup of milk, and a little salt. Steam from three to four hours.

### **Christmas Pudding.**

Ten crackers pounded and one quart of milk. Mix and let it stand over night. In the morning rub through a colander, add eight eggs, one pound of sugar, one cup of molasses, one cup of brandy, one pound of chopped suet, one large tablespoon of salt, one tablespoon of nutmeg, one-half tablespoon of mace, one tablespoon of clove, the grated rind of a lemon, one-fourth pound of citron, one pound of currants, one and a half pounds of raisins seeded. Boil five hours.

### **Georgie's Christmas Pudding.**

Sift together three cups of flour, one teaspoon of soda, one-half teaspoon of salt, one-half teaspoon each of cinnamon and nutmeg. Rub into this mixture one cup of finely chopped suet or two-



thirds of a cup of butter, and add one cup of seeded and chopped raisins or currants. Mix all together with one cup of milk or water, and one cup of molasses. Steam three hours in a well-buttered pudding mold.

This is an excellent fruit pudding without eggs, and may be served with any foamy sauce.

#### **Wine Sauce.**

Simmer together for half an hour one cup of sugar and one cup of water with half a grated nutmeg. When thick add one glass of wine, and serve hot.

#### **Vinegar Sauce.**

Proceed the same as for wine sauce, adding one tablespoon of flour mixed with a little cold water. Simmer for twenty minutes.

#### **Egg Sauce.**

Two cups sugar and one cup of butter worked to a cream, add two beaten eggs and one-half cup wine. Set into hot water and cook till it is creamy.

#### **Beacon Street Sauce.**

Beat to a cream one cup of butter and two cups of sugar, add one glass of wine, and a seasoning of nutmeg. Stir half a teaspoon of soda in a cup of thick sour milk, when it foams add it to the butter and sugar, and stir all together, then add four tablespoons of boiling water without stirring. Put it in the tureen disturbing as little as possible.

This is the best sauce on earth for a boiled fruit or Christmas pudding.

**Lemon Sauce.**

Boil together one cup of sugar and two cups of water, add one tablespoon of corn starch mixed with a little cold water, and boil ten minutes. Add the juice and grated rind of one lemon, and one tablespoon of butter.

**Butter Sauce.**

One-third of a cup of butter mixed smoothly with a tablespoon of flour, add nearly a pint of hot water, a little at a time, and let it boil, then add one-half cup of sugar, and flavor with vanilla.

**Foamy Sauce.**

Cream together three tablespoons of butter and one and one-half cups of powdered sugar. Stir in the unbeaten white of one egg, and the stiffly beaten white of another egg; beat all together until very light. Add four tablespoons of sherry and three tablespoons of boiling water, set in a warm place and stir until it becomes frothy. Serve at once.

**Hard Sauce.**

Beat to a cream one large tablespoon of butter, into this sift pulverized sugar sufficient to stiffen. Beat all thoroughly and flavor with vanilla.

**A Nice Pudding Sauce.**

Two cups of sugar, one cup of water, three heaping teaspoons of corn starch, one teaspoon of butter. Boil sugar and water five minutes, add the corn starch and cook eight or ten minutes longer, add the butter and flavor with lemon juice.

**Creamy Sauce.**

Here is a pudding sauce which can be used on any kind of a pudding, and is always liked: Cream one-half cup of butter and one cup of powdered sugar, add one quarter cup of cream or milk, two tablespoons of lemon juice, or one teaspoon of vanilla or lemon extract. It will be light and foamy if beaten sufficiently.

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# Pastry.

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**P**IE is the great American delicacy in the pastry line, and our foreign friends are prone to poke fun at us because of our supposed fondness for it. It is assumed to be somewhat more of a sectional than a national weakness, however, and the "pie line" is usually located somewhere north and east of New York, and the New England philosophers have always been accused of an inordinate fondness for pie, although we have always doubted whether the allegation was true that Emerson always called for pie at breakfast. The fact probably is that our English cousins, in what they call "tarts," are as much guilty of pie as Americans are. And whether pie be a culinary monstrosity or not, we have many combinations under that name which are very welcome additions to our tables. As a rule pastry is based on puff paste, which shall receive our first attention.

## **Puff Paste.**

It has been found by experience that the success of puff paste depends upon having the flour, butter and water icy cold. A rule given by Mrs.

Cornelius is explicit and practical: "For three pints of flour allow one pound of butter. Divide it into three parts; reserve one-third of the flour for use in rolling in two parts. Rub one-third of the butter into the two parts of the flour, add enough ice water to make a stiff dough, stirring with a knife; then roll out thin, and put the butter in little bits over it; sprinkle a handful of flour over the butter, fold the crust over and over, and repeat this process till all the butter is used."

#### **Plain Paste.**

Rub one-half cup of lard and one-half cup of butter into three cups of flour, add a pinch of salt and enough cold water to make a stiff dough. Use as little flour as possible in rolling. All lard may be used in this recipe.

#### **Patties.**

Roll puff paste three-quarters of an inch thick and cut with a round cutter three inches in diameter. When placed in the baking pan cut each one half way through with a circular cutter two and a half inches in diameter. Place in a hot oven and bake rapidly for ten minutes; then more slowly for twenty minutes. When removed from the oven take the inside circular piece from the paste, and dig out the paste in the centre. Fill with any meat or fish creamed.

#### **Lemon Pie, No. 1.**

Make a rich paste, and cover the pie plate. For the filling take four eggs, saving the whites of two for frosting, one cup of sugar, two tablespoons of flour mixed with the sugar, juice and grated rind



of one lemon, one cup of boiling water. Bake in a moderate oven, beat the whites to a stiff froth, add sugar until sufficiently stiff, and frost.

### **Lemon Pie, No. 2.**

Beat the yolks of two eggs and one cup of sugar to a cream, add the juice and grated rind of one lemon, and lastly the beaten whites of the two eggs, with one tablespoon of milk. Line a plate with plain paste and pinch the edge into a ridge, fill with lemon mixture and bake in a moderate oven.

### **Quick Pastry for Lemon Pie.**

Mix half a teaspoon of salt with one cup of pastry flour. Chop in one-quarter of a cup of lard and mix with cold water into stiff dough. Pound it out flat and half an inch thick. Put on butter in little dabs, roll up and pat out again. Do this four times, using quarter of a cup in all. Pat it out again and lay on the ice until chilled. Then roll it an inch larger than the plate and cut off for a rim; put this strip on the edge, first wetting the under paste, then fill with a cooked lemon filling.

### **Mock Lemon Pie.**

If pies are included in the family menu, a mock lemon pie has qualities of novelty and flavor to recommend it. Bake in two crusts and fill with this mixture: One beaten egg, one cup of sugar, one large rolled cracker, one cup of chopped rhubarb skinned but raw. The taste is much more delicate than that of rhubarb pie as it is usually made, and so odd that the uninitiated would scarcely believe that they were eating the familiar plant in its new guise.

**Cranberry Pie.**

Line a plate with a plain paste and fill with stewed sweetened cranberries, scatter sugar over the cranberries and cover with strips of paste placed across parallel in two directions to form diamonds.

**Berry Pie.**

The fruit most commonly understood in this connection is blueberries or blackberries, although raspberries, strawberries, huckleberries, cherries and currants are sometimes used. The more tart the fruit, of course, the more sugar must be used.

Line the plates with a plain paste, and fill them with the fruit, dredging over it half a tablespoon of flour and three tablespoons of sugar. Cover with a richer paste, in which small air holes have been cut, and bake in a moderate oven forty-five minutes.

**Apple Pie.**

Line a plate with plain paste, and fill with tart cooking apples peeled and sliced; cover with one cup of sugar, scatter over small pieces of butter, and cover with a plain or puff paste, as desired, press the edge firmly together, and bake in a moderate oven forty-five minutes.

**Old-Fashioned Custard Pie.**

To each beaten egg add one cup of rich milk, one and one-half tablespoons of sugar, one-eighth teaspoon of salt, and a little nutmeg. Bake in a deep plate lined with good crust. When it rises and is barely stiffened it is done. Too much baking takes away the creamy taste which should be in all custard pies. If eggs are scarce two may be

used in place of three by using two tablespoons of cornstarch wet up with a little of the milk. In that case heat one cup of the milk and stir in the wet up cornstarch. Cool, mix all together and proceed as before.

### **Apple Custard Pie.**

Two raw apples, a cup of sugar, a saltspoon of cinnamon, two eggs, a cup of sweet milk. Choose ripe, mild apples, scrape to a pulp with a silver knife, mix with the sugar and spice, add the beaten egg and milk, bake in one crust, or take about a quart of stewed apples, one-half pound of sugar, small piece of butter, run through the colander, then add yolks of six eggs, well beaten, a little cinnamon and nutmeg.

### **Pineapple Custard Pie.**

Shred thoroughly ripe pineapples until you have two cups; add one cup of granulated sugar and the yolks of four eggs well beaten. Stir in a pint of milk which has been scalded — not boiled — and which has been allowed to cool; then add the whites of the eggs beaten stiff, and stir all thoroughly. Put the pastry on tin plates and bake until the crusts are rich and brown looking.

### **Pandowdy.**

A "pandowdy" is a New England Yankee dish, with a colonial flavor. It was immensely good in "good Old Colony times," but is better today, because real modern Jersey cream as a sauce adds a zest to it. The following recipe

comes from our Practical Cook's great-great-grandmother:

"Butter a baking-kettle, or some kind of an iron kettle, and make a pie-crust and put into it, leaving a small place just at the bottom of the kettle without any crust. Then put in some good apples, either quartered and cored or sliced. Then lay in a few strips of the crust and some more apples. I always used to sweeten it with maple syrup—a good large cup. A few slices of salt pork improves it, and a little cider don't hurt it. I used to cover the whole with pie-crust, and put a tight stone cover on the kettle, so as to keep the steam in. Set it over a slow fire. Three hours is little enough to cook it, and you musn't scorch it."

The maple syrup was used in the days when the maple tree furnished about all the family sweetening. For general purposes common sugar is more satisfactory. If it is not brown sugar, a little molasses preserves the old-fashioned flavor.

#### **Rhubarb Pie.**

One and a half cups of rhubarb, cut fine, one cup of sugar (granulated), the yolks of two eggs, two tablespoons of flour. Mix all together, and bake with an undercrust. When baked frost the top with the whites of two eggs and return to the oven and brown. This is very nice.

#### **Cherry Pie.**

Rich, ripe cherries are required for this purpose. It is a mistake to use inferior fruit. Line a rather deep tin pie plate with good crust. Stone cherries enough to fill the pie, heaping them in the centre and sprinkling half a cup of sugar over

them. Make a rich puff paste, wet the undercrust on the edge and press the uppercrust into it lightly with the fingers. There should be abundant slits in the uppercrust to allow the steam to escape. Put the pie in a very hot oven and bake it as rapidly as possible.

### **Squash Pie.**

To one cup of boiled sifted squash (which should be as dry as possible) add one egg, two cups of milk, a pinch of salt, a seasoning of nutmeg, and sweeten to taste. Line a deep dish with plain paste, fill with the squash mixture, and bake one hour in a moderate oven.

### **Pumpkin Pie.**

Pare and simmer in one quart of water a pumpkin cut in small pieces; this can be accomplished in six hours, but will be more successful if allowed to simmer all day, stirring to prevent burning, and extracting all the moisture possible. Press through a fine sieve and allow one egg and two cups of hot milk for every cup of pumpkin, season with salt, ginger and cinnamon, and sweeten to taste. Line a deep plate with plain paste and fill with the pumpkin. Bake one hour.

### **Mince Pie.**

Four quarts of chopped meat, five quarts of chopped apple, four quarts of sugar, two cups of molasses, one pint of boiled cider, one-half pint of wine or brandy, two pounds of raisins seeded and chopped fine, two pounds of raisins seeded but left as nearly whole as possible, two pounds black currants, three lemons, grated peel and juice, half

a pound of citron and half a pound of candied orange peel finely cut, a tablespoon of salt, one-fourth cup of ground cloves, one-fourth cup of cinnamon, one-fourth cup of nutmeg. Stir all together, and boil slowly one hour. While hot add two cups of butter. If it seems too dry, add more boiled cider. Seven pounds of meat makes this quantity.

### **Choice Mince Pie.**

The following is a very choice recipe for "pie meat," which should be prepared a month or more before using: Chop fine two pounds each of raw lean beef and suet. Mix with them thoroughly four ounces of salt, an ounce and a half of a mixture of cinnamon, cloves and allspice, half an ounce of white pepper and two nutmegs. Chop and add four pounds decidedly sour apples, two pounds currants, two of chopped and seeded raisins, two of citron, sufficient lemon juice to flavor, a quart of brandy, and a quart of cider. Sweeten with a quart of good molasses and two pounds of brown sugar. In the mixed spices let the cinnamon predominate.

### **Virginia Mince Pie.**

This recipe comes from that home of good cookery where it has been in use more than two hundred years, and for a mince meat with suet can hardly be excelled. Two pounds of cold beef chopped very fine, one pound of suet chopped fine, five pounds of apple, pared and chopped, three pounds of brown sugar, two pounds of raisins, seeded and chopped, one pound of seedless raisins, two pounds of currants, one pound of cit-

ron shredded, two tablespoons each of cinnamon and mace, one tablespoon each of clove, allspice and salt, one quart of sherry, and one pint of brandy. Mix the ingredients, and let it stand three weeks before using. The juice of spiced fruit or preserves may be added when making the pies.

### **Banana Pie.**

Line a deep pie plate with a rich paste, and bake. When cold fill with thin slices of banana, sprinkle with powdered sugar, and cover with whipped cream. This is excellent for a dessert on a hot day.

### **Filling for Cake or Fancy Pie.**

One cup of sugar, four tablespoons of water, boil to a syrup. Beat the white of one egg to a stiff froth, pour over it the boiling syrup, stirring all the time. Add one-half cup of raisins, seeded and chopped fine, also one-half cup of nuts, chopped. Spread between layers or on top of cake.

### **Banbury Tarts.**

Remove the seeds from one cup of raisins and chop fine. Mix well with one egg, one cup of sugar, the juice and grated rind of one lemon. Make a pastry of three cups of flour, one-half cup of lard, one-half cup of butter and a small pinch of salt. Mix with cold water, and roll thin for under and upper crusts, making a small hole in the upper crusts. Put a spoonful of the tart between the crusts and bake in a quick oven. Nothing is more toothsome, convenient or popular for a picnic or lunch basket.

**Cheese Sticks.**

Take four ounces of grated cheese, half a pound of flour, two ounces of butter, and mix with water, to make a paste, seasoning with a dash of cayenne. Roll out very thin and cut in narrow strips, say six inches long. Bake to a light brown.

**Deviled Ham Rolls.**

Make light, rather rich pastry, roll thin and cut in squares of about four inches. Spread upon each square a small quantity of deviled ham, leaving about one-half an inch around the edge uncovered. Moisten the edges with cold water, and roll each sheet of ham and pastry compactly, pressing the ends together, and bake.

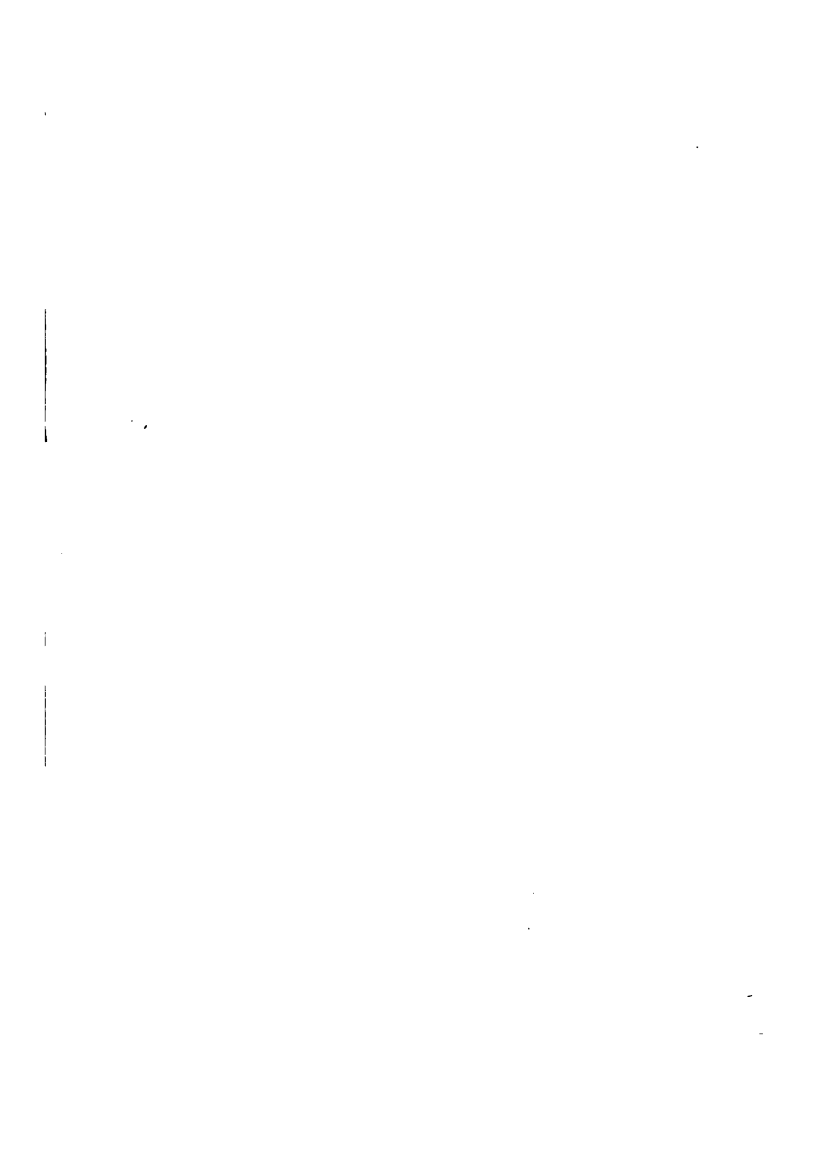
**A Delicious Apple Dessert.**

Peel and core some good-sized apples; make a rich pastry crust, roll and cut into strips. Commencing at the top wind the strips, overlapping each other, around the apples until they are covered. Bake and serve with whipped cream, or any sweet sauce desired.

**"Good Pie."**

For those who wish to become especially expert in pie making we recommend our little sixteen-page book on this subject. If good pies are worth a place in our menus, it is certainly worth the while of every housewife to know how to make them. We will send "Good Pie" to any address for a two-cent stamp. It tells you how to make meat, fruit, custard and other pies, and all the instructions are clearly and carefully given.







# Desserts.

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**H**ERE is another widely varied department of cookery in which the versatility of the housewife can make an infinite number of excursions into new paths and untried experiment. But such departures are not needed, with the resources already at hand, and the following long list of dessert dishes will give ample opportunity to try again what has already been approved.

## **Gelatine.**

It is surprising to find how few understand the proper use of gelatine. All recipes say the gelatine should be dissolved in hot water, few, however, mention that the gelatine should always be soaked in cold water first, and, most essential of all, the water must be drained off and not used. This prepares the gelatine to be dissolved in hot water, and while it does not injure any of the gelatinous properties, it does remove that rank flavor, called by some "hoof and horn taste," which so many preparations have. All gelatines should be first soaked in cold water, and this is true of the phosphated gelatine, but in this case the water should not be drained off, for, by tasting, it will

be found that the acid is soaked into the water, to some extent, and since phosphated gelatines are used mainly for that acidity, the water in which they are soaked must be used. It is often found that sugar is slow in dissolving, when put into creams and gelatines, and this can be overcome by putting the amount of sugar to be used into a saucepan with part of the quantity of hot water to be used, and letting it come to a boil, before adding it to the gelatine. It is always better to make dishes having gelatine for a foundation, the day before they are wanted.

#### **Apricot Jelly.**

Strain the juice from a can of apricots, and put a layer of the fruit in the bottom of a mold which has a tube in the centre. Pour in a little clear jelly made of the juice of the apricots, half a box of phosphated gelatine dissolved in a pint of hot water, and one cup of sugar. Set the mold on the ice, and when cold add another layer of fruit and more jelly, and so on until all the fruit and jelly is used. Keep on the ice until perfectly cold, and hard. When ready to serve dip the mold for a moment only, in very hot water, and invert on a large flat dish; fill the hole in the centre with whipped cream, and heap whipped cream around the jelly.

#### **Coffee Jelly.**

Soak one-half of a box of gelatine in one pint of water, for an hour, or until soft; pour off the water, and dissolved in one-half pint of boiling water, add one pint of clear boiling coffee of strength desired, and half a cup of sugar. Place

on the ice until cold. Serve cut in squares, in a glass dish, surrounded with whipped cream, or serve the cream in a separate dish. The cream should be sweetened, and flavored with half a teaspoon of vanilla.

#### **Wine Jelly.**

The phosphated gelatines are much preferred in the making of acid jellies, as they do not require the addition of any more acid. Soak one-half box of acid gelatine in one-half cup of cold water, until soft, pour over it a scant pint of boiling water in which one cup of sugar is dissolved, and one cup of wine, sherry preferred. Strain into a mold and set on the ice. If common gelatine is used, the juice of one lemon must be added.

#### **Orange or Lemon Jelly.**

Proceed the same as for wine jelly, using less hot water, and orange or lemon juice instead of wine.

#### **Whipped Cream.**

Care should be taken in the choice of cream for whipping, as too thin cream will turn to liquid, after being whipped, while too thick cream will turn to butter. A medium thick cream should be used, and it should be icy cold. Beat with a Dover egg-beater, rapidly at first, and slower as the cream begins to froth, stirring the froth into the cream as much as possible. Flavor delicately with sugar and vanilla.

#### **Strawberry Gelatine.**

This is a very pretty, appetizing dish made of strawberries: One box of strawberries, one box of gelatine dissolved in one pint of cold water; add

one pint of boiling water. Mash the strawberries, drain them through a flannel until perfectly clear, add two cups of sugar to the gelatine and stir into the juice. Pour into a mold, or little cups, and when cold turn out on a platter. Whip a pint of cream, put it around the jelly, sift a little sugar on the cream and dot it all over with nice, fresh strawberries.

### **Prune Whip.**

This is very rich, very handsome and very nice. Cook one pound of prunes as for sauce, with one-half cup of sugar or more if desired. When done and cooled, cut up fine and remove the stones. Whip half a pint of cream and stir with the prunes, then beat the whites of three eggs stiff, with one-half cup of sugar, and stir into the other mixture. Whip another one-half pint of cream, and pile on top of the other when served in glasses.

### **Charlotte Russe.**

Line a glass dish or small glass cups with lady fingers or sponge cake, and fill with a cream made by whipping one pint of cream with one teaspoon of vanilla and one-half cup of sugar. Add the vanilla and sugar to the cream before whipping. Keep on the ice until ready to serve.

Often the whites of eggs or gelatine are used in the preparation of charlotte russe, and a tablespoon of wine improves the flavor. If eggs are used, beat the whites of two, and add to the whipped cream. If gelatine is used, soak one-fourth of a box in a little cold water until soft, drain off the water, and dissolve in one-fourth of a cup of boiling water, and pour it over the

whipped cream, stirring all the time, keeping the bowl containing the mixture in a bowl of ice water. When stiff enough to drop, pour into the dish containing the cake. The addition of fruit makes the several fruit charlottes.

### **Bavarian Cream.**

Soak one-quarter of a box of gelatine in cold water until it is soft, then dissolve it in a cup of hot milk with one-third of a cup of sugar; flavor with lemon, vanilla, chocolate, or coffee, and set away to cool. Whip one pint of cream, and when the gelatine is cold and beginning to stiffen, stir in lightly the whipped cream. When nearly stiff enough to drop pour it into molds.

### **Bavarian Fruit Creams.**

The addition of strawberries makes this a strawberry Bavarian cream, the addition of banana makes it a banana Bavarian cream, and so on through all the fruits, nuts and flavors.

### **Strawberry Sponge.**

One-half box of gelatine, one cup of sugar, one pint of strawberry juice, four eggs, half pint of boiling water. Cover the gelatine with a half cup of cold water and soak for a half hour, then pour over it the boiling water, add the sugar, and stir until dissolved; add the strawberry juice and strain into a basin; put this dish into a pan of cracked ice or snow to stand until cold and thick, stirring occasionally. Then beat to a stiff froth, add the well-beaten whites of the eggs, and beat until smooth; turn into a fancy pudding mold to harden. Serve with vanilla sauce poured around it.

**Strawberry Float.**

Scald one quart of milk and pour it over the yolks of four and the whites of two eggs, which have been beaten with one-half of a cup of sugar. Pour into a double boiler and stir over the fire until the custard thickens; add a pinch of salt, and when partly cooled flavor with vanilla. In a glass dish put a layer of hulled and washed berries, pour over them a portion of the custard, then add another layer and the remainder of the custard. Whip the whites of the two eggs with two tablespoons of powdered sugar until stiff and glossy; add a few drops of vanilla and heap over the fruit. Dot the top with a few berries and serve.

**Raspberry Float.**

Use raspberries instead of strawberries, and proceed as above.

**Strawberry Sarabande.**

Whip one cup of thick cream until very stiff and light, cut one pint of berries into small bits with a silver fruit knife and stir them lightly into the cream. Soak one tablespoon of granulated gelatine in one-quarter of a cup of cold water, and when soft place over hot water until dissolved. Add this by degrees to the cream and berries, stirring and adding three tablespoons of powdered sugar. When the mixture begins to thicken turn it into a wetted mold, and put away in a cold place until set, then turn out on a fancy dish.

**Strawberry Tapioca.**

Put one cup of fine tapioca and one quart of water in a double boiler and cook until clear.



Rub one pint of strawberries through a fine sieve and add with one cup of sugar to the tapioca, cooking until smooth and thick. Let stand until nearly cold, then pour over one quart of hulled berries. Serve with cream flavored with strawberry juice.

#### **Spanish Cream.**

One pint of milk and half a box of gelatine, heated until the latter is dissolved; add the yolks of three eggs and five tablespoons of sugar; remove from the stove and cool before stirring in the beaten whites of the eggs; pour in a mold and place on ice; serve with whipped cream. This can be made on Saturday for Sunday dinner.

#### **Royal Diplomatic Pudding.**

The following recipe is somewhat long, but it is one of the finest of puddings, both in appearance and taste. One-half box of gelatine soaked in half a cup of cold water two hours, then pour on three-quarters of a pint of boiling water; when the gelatine is dissolved add lemon juice, one cup of sugar and half a pint of wine. Strain through a napkin; cover the bottom of a two-quart charlotte russe mold with the jelly about three-quarters of an inch thick; set away to harden; when this layer is hard decorate with candied cherries, cut in halves, placed in any pretty design with the cut side down; add two tablespoons of the liquid jelly to set the cherries in place; when this is hard add enough liquid jelly to cover the cherries; when this last has hardened, put a one-quart mold inside the larger one, as near its centre as possible; fill the smaller mold with ice and water, and pour the

remainder of the liquid jelly in the space between the sides of the two molds, and set away to harden; when it is very firm take the water and ice from the inner mold and fill it with warm water; when the mold is loosened from the jelly remove it gently. The jelly should be made the day before it is to be used, if possible, and in winter this will make jelly firm enough, but in summer, or if pressed for time, use three-quarters of a box of gelatine.

For the filling of the pudding: The yolks of five eggs, half a cup of sugar, half a teaspoon of vanilla, half a box of gelatine, one-third of a cup of milk, one pint of cream. Soak the gelatine one or two hours in cold water enough to cover, beat the yolks of the eggs and the sugar together; have the cream whipped to a stiff froth; let the milk come to a boil, stir the gelatine into this; pour the boiling mixture on the yolks of eggs and sugar; place this in a basin of ice water and stir until it begins to thicken; add the whipped cream, mix thoroughly, and pour this mixture into the jelly mold, having it come a little above the jelly, and set away to harden; when ready to serve dip the mold for a few moments into a basin of warm water, having the water come just to the top of the mold, but not to run over; when the jelly is loosened from the mold turn it out carefully on a flat dish, pour the sauce around and serve immediately.

SAUCE FOR THE PUDDING. — One pint of milk, half a cup of sugar, scant quarter of a teaspoon of salt, four eggs. Beat eggs, sugar and salt together, let the milk come to a boil and pour gradually on the beaten eggs and sugar; return to the boiler and

stir until it thickens. It is much handsomer, if there is use for the whites of extra eggs, to use the yolks of eight eggs.

### **Cabinet Pudding Cold.**

Arrange on the bottom of a quart mold leaves cut from slices of citron, with candied cherries or seeded raisins. Fill the mold with cake broken in small bits, and sprinkled in lightly. Make a cream of one quart of boiling milk, and one cup of sugar, in which is dissolved one-half a box of gelatine. Add three eggs, well beaten, a teaspoon of vanilla, and a pinch of salt, after which do not let the cream boil. Pour this over the cake in the mold, and set away to harden. When ready to serve, dip the mold for a moment only in hot water, and turn out onto a flat dish. Serve with whipped cream.

### **Oatmeal Blanc Mange.**

For oatmeal blanc mange wet two tablespoons of oatmeal in cold water and stir into a scant quart of boiling water; season with salt to taste, pour into molds, and when cold serve with cream and sugar. Or, the oatmeal may be made into a regular pudding by flavoring with vanilla, adding plenty of sugar while warm and then cooled in molds, and served with sweetened whipped cream or a flavored sauce.

### **Fruit Blanc Mange.**

Put some red or black raspberries, gooseberries or blackberries in a saucepan over the fire; mash and stir until they are soft and the juice flows freely. Sweeten to taste and press through a sieve. Measure the prepared juice, and to each pint allow

four level tablespoons of cornstarch. Bring the juice to the boiling point and stir in the cornstarch, moistened in a little cold water. Cook slowly for ten minutes, then pour into wetted molds and serve very cold with sweet cream.

### **How to Serve Jelly Roll.**

Here is a way of serving jelly roll which our Practical Cook recommends: "A jelly roll may be sliced when ready to serve, and dished up thus: Soak macaroons in a custard, flavored as you like, and line the bottom of a dish with them; next a layer of the sliced roll, and a thin layer of whipped cream. Alternate till the dish is filled, finishing with a layer of whipped cream. Sprinkle over the top chopped macaroons and tiny bits of jelly; or pipe a fanciful border of the whipped cream around the top. In preparing this dish be careful to have the slices of jelly roll as thin as possible. Any kind of marmalade or jelly may be used in spreading the roll."

### **Red Currant Sago.**

This is very refreshing: Remove the stocks from sufficient red currants to weigh a pound, and stew them with a quarter of a pound of sugar. When soft, rub them through a coarse wire sieve, and then mix with one ounce of fine sago, which has been soaked in cold water for an hour and a half; add the grated rind of half a lemon and a little more sugar, if the fruit is very sour, and simmer all together for forty minutes, stirring repeatedly to prevent the contents of the pan from "catching." Pour into a wetted mold and set aside until cold and firm enough to turn out, which

will not be for some hours. Serve with a thick boiled custard or cream, either whipped or plain. Black currants are equally nice prepared in the same way.

### **Peach Trifle.**

Make a boiled custard with the yolks of four eggs, one pint of milk, and two tablespoons of sugar. When cool flavor faintly with almond and vanilla flavorings and set on ice. Cut stale sponge cake in slices, lay it in the bottom of a glass dish, and cover with a few spoons of the custard. Peel and slice six large mellow peaches; spread them over the cake and dust thickly with powdered sugar. Pour over this the iced custard, and cover with a meringue made by whipping the whites of the eggs with four tablespoons of powdered sugar and a few drops of almond flavoring to a very stiff consistency.

### **Pineapple Cream.**

One-half box of gelatine soaked in one-half cup of cold water, adding one-half cup of boiling water and one can of grated pineapple. Cook one-half cup of water and one cup of sugar ten minutes and stir into the gelatine when cooling. Before it sets stir in one pint of whipped cream.

### **Bananas a la Citrona.**

Mix half a cup sugar and one saltspoon of salt. Cut six bananas in halves lengthwise and crosswise and put a layer in a baking dish. Sprinkle over half of the sugar, add two teaspoons lemon juice and one tablespoon of melted butter, then another layer of bananas, with the remainder of the sugar and the same quantity of lemon juice and butter.

If the bananas are green and dry add two tablespoons of water. Bake in a quick oven about fifteen minutes, or until the sugar has made a rich brown syrup over the bananas. Cool slightly and cover with a meringue flavored with lemon juice and color slightly. This is delicious.

### **Blackberry Flummery.**

A delicious dish for hot weather is blackberry flummery. It is easily made and always a success, and is also an acceptable change when one begins to tire of the berries with only cream and sugar.

Simmer together a pint of ripe blackberries and a pint of water. Do not stir. The berries should be tender in ten minutes or less; then four scant tablespoons of corn starch, mixed with a little cold water, are to be carefully stirred in. When thick, cool for two minutes, stirring carefully so as not to break the fruit; remove; add half a cup of sugar, and when cool enough pour into a glass dish. Eat icy cold, with sugar and cream.

### **Jellied Apples.**

Put over the fire in a saucepan a pint of water, two cups of sugar and the juice of a lemon. Peel, quarter and core tart apples enough to make two quarts, and when the syrup has boiled ten minutes put in the apples and cook slowly until tender, putting in at one time only as many apples as may be cooked without crowding. Take them out with a wire spoon and spread on a dish. In the meantime have soaking half a package of gelatine in one cup of cold water, and when the fruit is cooked remove the saucepan from the fire and add the soaked gelatine to the syrup, stirring until it is

dissolved. Place the saucepan in a basin containing ice water and stir until cold. Put the cooked apples into a mold and turn the thickened syrup over them, and set in a cold place to harden. Serve with sugar and whipped cream.

### **Peach Foam.**

This is a new dessert dish, simple, and easily made: One cup and a half of canned peach, without the juice, cut very fine or strained; three table-spoons of powdered sugar; whites of three eggs. Add the well-beaten whites to the fruit and sugar, and beat until thick, smooth and velvety; then put in a mold previously wet with cold water. Any other fruit would vary the recipe, and be good, and jelly may be used in default of peaches.

### **A Ginger Dessert.**

A delicious dessert to those who like preserved ginger, is made from gelatine, dates, almonds and ginger. Put a fourth of a box of gelatine in a cup half full of milk and soak twenty-five to thirty minutes; then dissolve by standing over the tea-kettle. Add to it four ounces of powdered sugar. Have ready a pint of cream that has been whipped, and mix with it carefully and lightly two table-spoons of preserved ginger chopped fine and two table-spoons of the ginger syrup. Chop half a dozen dates as fine as possible and add to the cream; then add the strained jelly. Stir the mixture until it begins to thicken; then pour into a mold. Serve on a low, flat dish, and powder the top with almonds chopped very fine. If you wish the dish to look pretty, garnish with small flowers or green leaves.

**Fairy Trifles.**

This is an easily made dessert, and is simply delicious. The recipe comes from Illinois: Half a box of any first-class gelatine, dissolved for half an hour in one cup of cold water; stir this into a cup and a half of boiling water, add one cup of sugar, and when thoroughly dissolved, set aside to cool. When it begins to "jell" beat light the whites of four eggs, to which add the jelly mixture, beating constantly. Flavor with lemon or vanilla, and put in preserved cherries, or any other preserved or candied fruit, and mold in cups. It makes a handsome, as well as toothsome dessert. For sauce, heat to a boil a pint of milk, and beat together the yolks of the four eggs with a cup of sugar and a heaped teaspoon of corn starch, and flavor to suit. Then stir the milk into this mixture and put same on the fire, stirring constantly, and when it shows signs of thickening remove from the heat.

**Frosted Currants.**

Frosted currants are pretty to use for a table-piece at a luncheon and to garnish Bavarian creams or corn starch and gelatine desserts. Select large, perfect bunches and dip them in the partly beaten white of an egg to which a little cold water has been added. Drain a moment, roll them in powdered sugar, and lay them upon a sieve to dry.

**Caramel Custard.**

The following recipe for caramel custard is excellent: To one quart of milk allow four eggs well beaten; place the milk in a double boiler and allow it to reach the boiling point. Caramel flavoring



should be kept ready for use, and is made by putting a cup of granulated sugar in a saucepan, setting it over the fire and letting it stay until almost black, being careful to stir it all the while. When it is still bubbling and smoking pour in a cup of boiling water, boil for two minutes, then remove; let it cool, and bottle it. After the boiled milk has cooled add the eggs and four tablespoons of the caramel, stirring all until the mixture is perfectly smooth. Bake for half an hour in a moderate oven; then take it out, allow it to cool, and cut in slices.

#### **Lemon Custard.**

Juice of one large lemon, two and one-half tea-cups of cold water, one tablespoon of corn starch, and one tablespoon of flour, the beaten yolks of three eggs, one cup of sugar, or less if desired. Cook till it thickens, and after taking from the stove add the beaten whites of the eggs.

#### **Roman Cream.**

Take one and one-half pints of milk, one-third of a box of gelatine, yolks of three eggs, four tablespoons of sugar, vanilla flavoring. Dissolve the gelatine in the milk, then set in hot water. Beat the eggs and sugar together, add to the other mixture and cook until it thickens, being careful not to boil it too long. When taken from the stove stir in the beaten whites of the eggs. Serve with cream.

#### **Pineapple Dessert.**

Beat the whites of three eggs to a froth, and add to them gradually three tablespoons of powdered sugar, beat until stiff, then flavor with

vanilla and a teaspoon of orange juice. Whip one pint of cream and stir or fold it, a little at a time, into the egg and sugar. Add a can of grated pineapple, or a fresh one if desired, mix thoroughly and serve in punch glasses. It will add to the beauty of the dish if a little whipped cream is put on the top of each glass.

### **Tapioca Cream.**

Soak four tablespoons of tapioca in hot water enough to cover it, for half an hour. Put it into a double boiler with one quart of milk and one cup of sugar, and boil until the tapioca is soft and transparent, which will take about an hour. Remove from the fire to a place where it will keep hot but not boil, and add the beaten yolks of three eggs, and a pinch of salt. Beat the whites of the eggs very stiff, and stir in with one teaspoon of vanilla. Serve cold in a deep glass dish.

### **Boiled Custard.**

There is nothing quite equal to boiled custard, for a dessert, it may be made so quickly, have so many flavors, and be served in such dainty ways. Bring to a boil, in a double boiler, one pint and a half of milk. Into this pour slowly four eggs (reserving the white of one for frosting, if desired), beaten with one cup of sugar; stir constantly until it begins to thicken; remove at once and when cold serve in a deep glass dish, with the beaten white of the egg stiffened with sugar for a frosting, placed on the top by dropping from a spoon in large drops; or in punch glasses, with a spoon of frosting on top, and a spot of bright jelly on the frosting; or in tall custard cups. The flavor may

be as desired. Half a teaspoon of vanilla or lemon is enough, and may be added when removed from the boiler; or to secure a delicate almond flavor, hold a peach leaf, just a moment, in the custard while in the boiler.

### **Cup Custard.**

Beat together four eggs and a scant cup of sugar, when light and creamy stir it into one quart of milk. Fill cups with this and grate a little nutmeg over the top of each. Place the cups in a dripping pan with a little hot water and bake.

### **Tipsy Pudding.**

Dip pieces of cake in wine, and place in a glass dish. Pour over a boiled custard, decorating the top with white of egg beaten with a little sugar or with whipped cream. A few candied cherries improve the looks of this dish.

## Flavoring Extracts.

A poor flavoring extract is one of the banes of cookery. A rank, coarse vanilla, a prussic acid sort of an almond, a "tangy" lemon, or any other of the badly made or sophisticated flavors will ruin a sauce, a cake, a pudding or an ice beyond redemption. In these days there is no excuse for using a poor flavoring extract, when the products of the Joseph Burnett Company are obtainable everywhere. This house has been in the business towards half a century, and the extracts, and other goods which it prepares, are as well known as Java coffee or Oolong tea. Their label is an absolute guaranty of excellence, and when the cook has Burnett's flavoring extracts at command, she cannot ascribe any short-coming of her culinary efforts to the flavoring. How often one finds an ice cream, a pudding or a cake, which would be excellent but for the vileness of its flavor. The world is full of cheap extracts, which owe their existence to all sorts of substances but those whose names they bear. This is one department in which genuineness of material is absolutely essential to success in product. One can make the real vanilla flavor only from the real vanilla bean, and the art of the adulterator can accomplish only a factitious result, which inevitably betrays itself when his product comes to the test. This is true of other things which are used in the kitchen, but of none more emphatically than flavoring extracts. Use Burnett's and you have no difficulty. If your grocer does not provide them, provide yourself with a new grocer—says Hood's Practical Cook.

# Ice Cream.

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**A** STANDARD rule for ice cream, one that is rich, and at the same time economical, that may be used for the base for all fruit ice creams, and which will make two quarts when frozen, is: One pint of cream, one pint of milk, one-half pound of sugar, and whatever you wish for flavoring, adding more sugar if the fruits are sour. Put the milk and cream into a double boiler, and when just at the boiling point remove from the fire and stir in the sugar until thoroughly dissolved. Allow this to cool before adding fruit or flavoring. Put into the freezer and freeze, then take out the dasher, cover tightly and let it stand in the ice two hours.

**BANANA ICE CREAM**—To the cream add six bananas peeled, mashed, beaten to a smooth paste.

**PEACH ICE CREAM**—Press one quart of ripe peaches through a sieve or vegetable masher, and add with the juice of one lemon to the cream.

**PHILADELPHIA PEACH ICE CREAM.** — One dozen and a half of the best peaches; mash them as fine as possible, and make very sweet with sugar, add

one quart of rich cream, one cup of milk and table-spoon of gelatine, dissolved in a little water. Then freeze.

**CUSTARD ICE CREAM.**—Stir the yolks of six eggs beaten with the sugar into the cream and milk just before removing from the fire. Stir until it thickens, then remove it and add one table-spoon of lemon juice, and freeze.

**PISTACHIO ICE CREAM.**—Blanch, chop and pound to a paste one cup of pistachio nuts and one-quarter of a cup of almonds, and add to the cream.

**APRICOT ICE CREAM**—Use apricots instead of peaches.

**COFFEE ICE CREAM.**—Put one-quarter of a pound of coffee into the milk and cream and bring to a boil, let it stand until cold, strain, then add the sugar, and freeze.

**CHOCOLATE ICE CREAM.**—Grate one ounce of chocolate, and boil for ten minutes with the milk and sugar; when cold, add the cream and one-half teaspoon of vanilla, and freeze.

### **Frozen Pudding.**

Miss Parloa gives this rule: One generous pint of milk, two cups of granulated sugar, half a cup of flour, two eggs, two table-spoons of gelatine, one quart of cream, one pound (or half a pound) of French candied fruit, and four table-spoons of wine. Let the milk come to a boil. Beat the flour, one cup of sugar and the eggs together, and stir into the boiling milk. Cook twenty minutes, and add the gelatine, which has been soaking one or two hours in water enough to cover it. Set

away to cool. When cool, add the wine, sugar and cream. Freeze ten minutes; then add the candied fruit, and finish freezing. Take out the beater, pack smoothly, and set away for an hour or two. When ready to serve, dip the tin in warm water, turn out the cream, and serve with whipped cream.

### **Milk Sherbet.**

This seems to be a sort of half-way house between an ice and an ice cream, and a very desirable rule it is: A quart of milk, a pint of sugar, the juice of three lemons and the grated peel of one, and the juice of an orange. Mix all together in the freezer, and let it dissolve to a syrup, then pour in milk, without stirring, and freeze.

### **Strawberry Sherbet.**

Take the juice of a quart of strawberries, one pint of sugar, one quart of water and one tablespoon of gelatine. Soak the gelatine in a little water and later add it to one cupful of the water, which has been boiled. Mix the ingredients together and freeze. Fine for a hot day.

### **Raspberry Granite.**

A granite is a grained ice which is served like a sherbet in little glasses, usually just before or after the roast. For one made from raspberries take three pints of raspberries, one cup of sugar, one cup of water and the juice of one lemon. Boil the water and sugar together for five minutes, take from the fire, add the strained juice of the raspberries and lemon. When cold pack in a freezer and set away without working. At the end of an hour scrape the sides of the freezing can with a

long flexible knife, mixing what has frozen with the rest of the more liquid portion; do not beat it, as it should be coarse and grainy with ice particles through it. Close and set aside again, opening and mixing three times in as many hours. At the end of that time stir in a pint of the whole fruit.

#### **Grape Sherbet.**

This is made from grape jelly, half a cup to the same amount each of sugar and water. Strain into a quart of rich milk which has been chilled in the freezer, and freeze. A purple jelly makes a very handsomely tinted sherbet.

#### **Canton Sherbet.**

Use the ginger that comes in the little stone jars; chop fine and put in a quart of water to extract flavor. Add a cup of sugar, cook fifteen minutes and strain and cool. Add the juice of three lemons and two oranges for a quart of water, freeze to a mush and serve.

#### **Frozen Rice Pudding.**

Boil a half cup of rice until tender. Measure one and one-half cups of sweet cream, whip it to a froth, add a quarter of a cup of powdered sugar, and flavor. If wines are used, sherry or maraschino will be pleasanter than vanilla. Mix the rice and cream, and put in a pretty mold. Pack in the freezer three or four hours before serving.

#### **Coffee Frappe.**

Put two ounces of finely pounded fresh roasted coffee into a pint of milk with six ounces of loaf sugar; let it boil, then leave it to get cold; strain it on the yolks of six eggs in a double boiler and



stir on the fire till the custard thickens; when quite cold work into it a gill and a half of whipped cream; freeze the mixture, then fill the mold and keep on ice until the time of serving.

### **Frozen Macedoine.**

This is a delicious mixture of fruits for dessert. Halve two oranges and one grape fruit, and carefully take out the pulp; shred a fresh pineapple, and use a can of white cherries, drawing off the juice. Measure the cherry syrup and add enough of the water to make a half-pint. Sweeten with a cup of sugar. Bring this to the boiling point and pour over the fruit, together with one cup of boiled cider. When perfectly cold put in a freezer, pack with ice and salt, and allow it to stand for three hours, stirring occasionally.

### **Frozen Lemons.**

Select large, fresh looking lemons and wash and polish them well. Cut in two, lengthwise, and with a silver spoon remove all the pulp. As with grape fruit, separate out the fibre and seeds. Then to each quart of pulp and juice, put one cup of cold water, and two cups of sugar. Turn into a freezer and freeze hard. When frozen, return to the rinds, which, meanwhile, should be kept in iced water in order to make them firm. These look very pretty served on small plates garnished with green leaves.

### **Strawberry Mousse.**

Whip up a pint of cream and to it put a cup of powdered sugar and a pint of strawberry juice. Stir well, pour into a freezer and pack with ice and salt. Freeze for three hours.

## Royal Baking Powder.

Few recipes now-a-days prescribe the use of cream of tartar and soda in cookery. Baking powder has almost universally taken their place. There are many baking powders but at the head of this page is the name of the only sort which "Our Practical Cook" recommends from long experience. There is no end of chance to adulterate a baking powder, and many of the preparations advertised, and most of those not advertised but offered by grocers, are poor stuff to put into food, being made from alum and really dangerous to health. But we have never heard of a cook or a consumer who has had any complaint to make of the Royal Baking Powder. It never fails to give satisfaction, and the reason for it is that it is true to its reputation and true to its oft-reiterated claim of "absolute purity." It is made of genuine cream of tartar, refined by the Royal Company's patented process, and all lime and other foreign elements are removed. No other baking preparation can make this claim of purity, while in the case of the Royal it is confirmed by all the leading chemists — the official chemists of the United States government, as well as the most eminent private chemists. So thoroughly is the public convinced of this standard quality of the Royal Baking Powder, that it is the admitted leader of all these preparations in sales and use. We should be glad to have it understood when we prescribe a baking powder in any of the recipes in this book, we recommend the Royal for use; and we do this in the interest of the consumer, who would feel sure of having at all times food not only the finest and most palatable, but unquestionably healthful.

# Cake

## Angel Cake.



**T**HE average angel cake is not very choice, but here is a rule which, if followed intelligently, will, with good materials, invariably give the best of results. It is such tried recipes as this which gives our Practical Cook's Book its peculiar value. Sift three times through a sieve sufficient flour to make an even cup after sifting. Add a scant teaspoon of cream of tartar, which has also been sifted three times, and sift them together. Beat the whites of eleven eggs to a froth; add a cup and a half of granulated sugar, a teaspoon of vanilla, and the flour and cream of tartar. Stir enough to mix, but do not beat (and here is the chief secret of success). Have a baking pan made for this purpose (which can usually be had in the kitchen furnishing stores), smaller at the bottom than the top, and with a tube in the centre, extending an inch above the top of the pan (a shorter tube will not answer because the cake rises). Do not butter the pan—remember. Bake forty-five minutes in a moderate oven, and as soon as removed from the

oven turn the pan bottom side up, when the cake will readily drop out. If frosted, the icing should be spread very thinly.

### **Sponge Cake.**

Beat the yolks of six eggs and two cups and a half of sugar to a cream. Beat the whites of the eggs to a stiff froth, and set one side ready for use. To the yolks and sugar add three-quarters of a cup of boiling water, stir well together, add one teaspoon extract of lemon and the stiffly beaten whites of the eggs. When well mixed add two scant cups of flour, into which has been mixed one teaspoon of cream of tartar. Bake one hour in a moderate oven. This makes two cakes.

### **Cream Sponge Cake.**

Two eggs, one cup of sugar, one cup of bread flour (with pastry flour the cake is apt to fall), one-half cup of thick, sweet cream, one teaspoon of cream of tartar, one-half teaspoon of soda; flavor with lemon. It is of no use to attempt this without the thick cream, for in that lies the gist of the rule.

### **Gold Cake.**

Cream together one cup of sugar, one-half cup of butter; add the well beaten yolks of four eggs, one-half cup of sweet milk, in which dissolve one-half teaspoon of soda and three cups of flour sifted three times with one teaspoon of cream of tartar. Beat very thoroughly and bake in a moderate oven.

### **Feather Cake.**

The whites of three eggs beaten stiff, one-half cup of butter, one cup of sugar, one-half cup of

milk, one cup of flour, one-half cup of corn-starch and one teaspoon of baking powder. Cream the butter and sugar, add the milk, then the flour, corn-starch and baking powder well mixed, and last of all the beaten eggs. Flavor to taste.

#### **Silver Cake.**

To be economical this cake should be made at the same time that "gold" cake is made, using the whites of the four eggs. Beat to a cream one cup of sugar and one-half cup of butter; add one-half teaspoon of soda dissolved in one-half cup of milk, one teaspoon of cream of tartar sifted with three cups of flour, measured after it is sifted, and the stiffly beaten whites of four eggs. Beat all together until creamy, and bake in a moderate oven.

#### **Pound Cake.**

This recipe was written in 1853, and will make just as good cake today as it did then, and the cooking of "our mothers" will never cease to be bragged about. Rub one pound of powdered sugar and three-quarters of a pound of fresh butter together until very light, then add the yolks of eight eggs, one grated nutmeg and part of a pound of sifted flour, mix together, and add the stiffly beaten whites of the eggs, then the remainder of the flour. Bake in a rather quick oven forty minutes.

#### **Buttermilk Cake.**

This is the easiest cake in the world to make, and is almost always successful. Melt one cup of butter, stir in three cups of sugar, six well beaten eggs, three cups of sifted flour, and one cup of

buttermilk. Sour cream is an excellent substitute for the buttermilk, and, if used, a pinch of soda must be added. Half of this quantity makes a fair sized cake for a small family, and is good with or without frosting.

#### **Plain Chocolate Cake.**

Cream together one and a half cups of sugar and one-half cup of butter; stir in the beaten yolks of three eggs, one-half cup of milk, in which is dissolved one-half teaspoon of soda, eight heaping tablespoons of grated chocolate and three heaping tablespoons of sugar dissolved in three heaping tablespoons of boiling milk, add two cups of flour, sifted with one teaspoon of cream of tartar, and the beaten whites of the eggs, reserving one for frosting, if desired. Bake slowly about an hour.

#### **Chocolate Layer Cake.**

Beat together one cup of butter and two cups of sugar; add the beaten yolks of five eggs, one cup of sour milk, one teaspoon of soda, dissolved in a tablespoon of hot water, and one-half cake of chocolate, grated very fine. Stir all together, and add two and a half cups of flour and the beaten whites of two of the eggs. Bake in two sheets in a fairly hot oven. Filling: Put one pound of white sugar into a double boiler with enough hot water to dissolve it, stir the beaten whites of the eggs into the sugar, add half a cake of grated chocolate, and stir until it thickens. When cool add one teaspoon of vanilla, and spread between the cakes, pressing them lightly together. If it is desired to reduce the size of this cake one-half,

use one-half of the quantities given, using two whole eggs and the yolks of a third for the cake, the white of the third for the filling.

### **Dark Chocolate Cake.**

Three eggs, one and one-half cups of sugar, scant one-half cup of butter, two-thirds of a cup of milk, one and three-fourths cups of flour, one teaspoon of cream of tartar and one-half of soda, or one teaspoon of baking powder. Melt two squares of chocolate, add three tablespoons of hot water and five tablespoons of sugar. Cook until smooth and add to the other ingredients, then beat thoroughly.

### **Cocoa Leopard Cake.**

Chocolate cake recipes are plentiful, but cocoa is not used to such an extent. Take two-thirds of a cup of butter, two cups of sugar, four eggs, one cup of cold water, three cups of flour, two teaspoons of cream of tartar and one of soda. Take out half of the dough, and add three teaspoons of cocoa and a little vanilla. Flavor the light part to taste and put in the pan in layers, first light then dark, or dot the dough around in spots. Of course baking powder can be used if preferred, but there are some cooks who still cling to the old methods.

### **Ribbon Cake.**

Beat to a cream one cup of butter and two cups of sugar, add the beaten yolks of four eggs, one cup of milk, in which one teaspoon of soda is dissolved, three cups of flour, sifted before measuring, two teaspoons of cream of tartar and the well beaten whites of the eggs. Bake two-thirds of the dough in separate tins; add to the remain-

ing third one cup of currants, a little citron, cut in small pieces, one teaspoon of all kinds of spices, two tablespoons of molasses, then bake. When nearly cold put the cakes together with jelly, having the fruit cake in the middle.

### **Caramel Cake.**

Cream together one cup of sugar and one-half cup of butter, stir in the beaten yolks of two eggs, one-half cup of milk, in which dissolve one-half teaspoon of soda and two cups of flour, sifted into the measuring cup, with one teaspoon of cream of tartar. Add the stiffly beaten whites of the two eggs, stir rapidly, and bake in two or three sheets. If pastry flour is used, measure before sifting.

CARAMEL. — Boil ten minutes and stir until thick and smooth, two cups of sugar, two-thirds of a cup of milk, and a piece of butter the size of an egg. Flavor with vanilla, spread between the sheets of cake and on the top for frosting.

### **Jelly Roll.**

Break four eggs in a deep bowl, and beat with one cup of sugar until quite light; add one cup of flour, measured after sifting, and one and a half teaspoons of baking powder, sifted with the flour, beat all together until light and creamy; pour into a long shallow pan, and bake in a quick oven until the cake shrinks away from the sides of the pan. While the cake is baking spread the cloth, dusted with powdered sugar, on which to turn the cake. Remove the top from a glass of jelly, and, with a silver knife, stir the jelly, breaking it as much as possible, but not mashing it. When the cake is turned out onto the sugared cloth spread the jelly



on the bottom of it quickly, and roll at once, rolling the cloth around it and allowing it to steam before setting away. It is attention to the little details given above that makes the difference between a nice cake and a poor one.

### **Lemon Jelly Cake.**

Beat together two cups of sugar and one-half cup of butter, stir in the yolks of three eggs, one cup of milk, in which one-half teaspoon of soda is dissolved, three cups of flour sifted with one teaspoon of cream of tartar, add the well beaten whites of the eggs, stir rapidly and bake in five thin layers.

**JELLY.** — Melt one teaspoon of butter with one tablespoon of flour, stir in the grated rind and juice of two lemons with one cup of sugar, one egg, and one-half cup of water, boil till it thickens. Place between the layers of the cake. This is better if kept a few days before cutting.

### **Orange Cake.**

Beat to a cream one cup of sugar and two eggs, add one tablespoon of melted butter and one-half cup of milk with one-half teaspoon of soda dissolved in it. When well mixed stir in one and one-half cups of flour, in which is sifted one teaspoon of cream of tartar; lastly, add one tablespoon of orange juice and one teaspoon of the grated rind. Bake in two shallow pans.

Make a filling of the juice of one and the grated rind of one-half orange, one tablespoon of lemon juice, and one tablespoon of corn-starch dissolved in a cup of cold water. Stir all in a saucepan over the fire until thick and smooth.

Beat one egg with two heaping tablespoons of sugar and one teaspoon of butter, pour into the hot starch and orange, and cook not longer than one minute. Spread between the cakes, pressing them lightly together. Gold frosting makes a very appropriate coloring for this cake.

#### **Nut Cake.**

Take one cup and a half of granulated sugar, work into it a generous half cup of butter; add two whole eggs and the yolk of a third, reserving the white for frosting. Beat well. Add one-half cup of milk, in which has been dissolved half a teaspoon of soda. Mix these ingredients, then add two cups of flour sifted with one teaspoon of cream of tartar. Beat all well together, then add one cup of raisins, which have been seeded and chopped fine, and two-thirds of a cup of English walnut meats cut up fine. This makes one large sheet, and requires an hour and a quarter to bake in a good, but not too hot, oven.

**FROSTING.** — Beat the reserved white to a froth, add one cup of powdered sugar. Spread this on the bottom of the cake as soon as out of the oven.

#### **Hickory Nut Cake.**

Rub to a cream one cup of butter with two cups of sugar; add one-half cup of milk. Stir into this one cup of flour, into which has been sifted one teaspoon of baking powder; add one pint of hickory nut meats, or half nuts and half raisins, dredged slightly with flour, another cup of flour, the stiffly beaten whites of eight eggs, and one more cup of flour, using three cups in all. Bake an hour and a quarter.

**Butternut Cake.**

Take a large cup of butternut (or hickory nut) meats and break them or cut them into crumbs, not too fine. Beat two eggs well in a cup, and fill the same with sweet cream. Add a cup of sugar, one and one-half cups of flour, a teaspoon of cream of tartar, half a teaspoon of soda, sufficient salt, and beat all together and add the nuts. Frost, using any flavor desired.

**Date Cake.**

One cup of sugar, one-half cup of butter, one-half cup of milk, two eggs, whites and yolks beaten separately, one and three-fourths cups of flour, one teaspoon of baking powder, sifted with the flour, and one-half pound of dates, stoned and chopped. Frost, if you choose.

**Cold Water Cake.**

One and one-half cups of sugar, one-quarter of a cup of butter, two and one-half cups of flour, two eggs, one cup of water, two teaspoons of baking powder, sifted with the flour. Flavor to taste and frost if you like.

**Black Fruit Cake.**

This is one of the old-time recipes, and is said to be very nice. Rub together one pound of white sugar and three-quarters of a pound of butter, add the beaten yolks of twelve eggs, two pounds of seeded raisins (part of them chopped), two pounds of currants, one-half pound of citron, one-fourth of an ounce each of cinnamon, nutmeg and clove, one wineglass of brandy, one wineglass of wine, the whites of the eggs beaten to a stiff froth,

and one pound of sifted flour. Mix all thoroughly and bake four hours. This will keep a long time.

#### **Aunt Eliza's Fruit Cake.**

Cream one cup of butter with two cups of sugar, add four well beaten eggs, one cup of molasses, one cup of cream, one pound of raisins, seeded and chopped, one-half pound of currants, one-quarter pound of citron, one teaspoon of soda, spice to taste, and three and a half cups of flour. Bake in a moderate oven. Cream is absolutely essential to the goodness of this cake, which, when it is good, *is* good.

#### **Wedding Cake.**

Two pounds of butter, two pounds of sugar, two and one-half pounds of flour, four pounds of currants, four pounds of raisins, seeded and chopped, one and one-half pounds of citron, cut in shreds, fourteen eggs, scant tablespoon each of clove, cinnamon, nutmeg and mace, one and one-third teaspoons of soda. Use two and one-half cups of raising, consisting of one-fourth cup of milk, in which dissolve the soda, one-fourth cup of molasses, and two cups of wine and brandy, or all wine. This makes two large loaves. Should be baked five hours in a moderate oven. This cake will keep indefinitely, and is good enough for anybody to "dream on."

#### **Scripture Cake.**

The scripture cake is one of the "catching" accompaniments of a church fair. This is the recipe commonly used: Take one cup of Judges v: 25, last clause (butter), two cups of Jeremiah

vi: 20 (sugar), six Job xxxix: 14 (eggs), a little Genesis xix: 26 (salt), Mark xvi: 1, to taste (spice), large spoonful of 1 Samuel xiv: 25 (honey), one cup of Genesis xxiv: 20 (water), one and one-half cups of prepared 1 Kings iv: 22, last clause (flour). The word "prepared" presumably refers to the baking powder, which should be sifted with the flour. Two cups of 1 Samuel xxx: 12, first clause (raisins), two cups of the same verse, second clause (figs), and one cup of Numbers xvii: 8 (almonds). Follow Solomon's advice for making good boys (Proverbs xxiii: 14, first clause), and you will have a good cake. Of course the raisins and figs are chopped.

### Buttercup Cakes.

Cream well one-quarter of a cup of butter and gradually work in one cup of powdered sugar. Add to this the beaten yolks of nine eggs and one teaspoon of flavoring, preferably vanilla. Beat in alternately three-quarters of a cup of milk and three cups of flour. Beat well for five minutes, stir in two teaspoons of baking powder, and fill gem pans or any small, round molds three-quarters full. Bake in a moderate oven, ice with yellow icing and decorate with candied fruits.

### Cream Puffs.

Two and one-half cups of water, two cups of flour, one cup of butter, five eggs. Boil the butter and water together. Stir in the flour while boiling. After it is cool add eggs well beaten. Put a large spoonful in muffin rings and bake twenty minutes in a hot oven.

To make the cream, take one cup of milk and

one of sugar and one egg mixed with one teaspoon of cornstarch and one tablespoon of butter. Boil a few minutes. When cool add vanilla to taste. Open the puffs and fill with the cream.

### **Jelly Cream Puffs.**

These puffs are very nice and exceedingly good looking, says a model cook who makes them. Take some rich pastry, roll very thin and cut in long, narrow strips and bake in a quick oven. When done spread jelly between each two of them and cover with whipped cream. They will melt in your mouth. And, by the way, this is a good use for any excess of puff paste remaining from other things.

### **Apple Cream Cake.**

One scant cup of sugar, one-quarter cup of butter, soft, but not melted, yolks of two eggs, beat all together to a foam, add one-half cup of sweet milk, one teaspoon extract of lemon, one heaping cup of flour, one teaspoon of baking powder. Stir thoroughly, grease two round jelly tins with fresh lard, sprinkled lightly with flour, put dough in two layers, bake in moderate oven.

FILLING. — The whites of two eggs beaten very stiff, one heaping cup of sugar, beat in one common sized tart apple, grated, one teaspoon extract of lemon, stir all together. When the cake is cold spread with filling as for any layer cake.

### **Cinnamon Cakes.**

Roll out some good pie crust and sprinkle with sugar, then with cinnamon. Roll it up tightly and cut off in slices about half an inch thick and

bake. Stand the slices up in the pan so that the sugar and spice will not run out while baking. The same our cook has found excellent when bread dough is substituted for the pie crust.

### **Cream Pie.**

Two eggs, one cup of sugar, one and one-half cups of flour, one-half cup of milk or cream, small piece of butter, one teaspoon of cream of tartar, one-half teaspoon of soda, flavoring to taste. For the filling take one pint of milk, two eggs, one-half cup of sugar, one-third cup of flour, flavor with lemon. Cook over hot water and spread between the pies. This quantity makes two pies.

### **Rich Ginger-Bread.**

Mix well together one-half cup of sugar, one-half cup of butter, one cup of molasses, one-half cup of sour cream, two eggs, one teaspoon of ginger, one teaspoon of soda sifted with two and one-half cups of flour. If the cheaper grade of molasses is used, the ginger-bread will be darker in color, which is preferred by some.

### **Dutch Apple Cake.**

One pint of flour, two teaspoons of baking powder, one-half teaspoon of salt, and a generous tablespoon of butter rubbed in with the flour and powder. Beat one egg lightly, add to it three-fourths of a cup of milk, and mix with the flour; pour into shallow pans and spread one-half an inch thick. Stick into the dough three rows of one-eighth sections of apples and bake one-half hour. Serve as tea cake, or as dessert, with sugar and cream, or sauce.

**Pineapple Cake.**

Cream three tablespoons of butter; add one cup of sugar slowly, one egg and two egg yolks. Beat with an egg beater two minutes; add one-half cup of milk and one and three-quarters cups of flour sifted with three and one-half teaspoons of baking powder, using the egg beater instead of the spoon for mixing the cake. Put the filling given below between the layers. The result is delicious.

For the filling beat one-half pint of cream until thick; add one-half cup of chopped pineapple and powdered sugar to sweeten. Sliced pineapple which has been canned is best to use, draining it first, then chopping and draining again.

**Real Strawberry Shortcake.**

Says our Practical Cook, as the result of long observation and experience: A good fruit shortcake is a delight. A poor one is a delusion. The ordinary hotel or restaurant article is of the latter kind. The old style Washington pie affair, with two layers of plain cake and whole strawberries in the basement, and with berries and whipped cream on the roof, is not a shortcake. The pastry part is dry and uninteresting, the berries set one's teeth on edge, and the whipped cream is sudsy. The crust or paste should be genuine shortcake—fresh, "short" and toothsome. Here is what seems to be a good rule:

Two cups of pastry flour, two teaspoons of baking powder, sift all together, a piece of butter, size of small egg; work the butter nicely in with the hand, mix all with sweet milk, using a knife, do not mix too hard, knead as little as possible;



divide in two parts, roll out and put one part in a Washington pie tin; have some warm butter and spread thoroughly on top, roll out the other half, put on top and bake about twenty minutes, not too brown, as the crust will be brittle.

This crust should be split in two or separated. The berries should be as ripe and sweet as may be, and if not quite up to the standard, should be more or less crushed, and enough sugar put on to make them sweet. Nice, sweet butter helps make the combination good. If you are foolish enough to prefer whipped cream to the unbeaten article you can serve the shortcake with it; but to our notion plain cream is much better. Orange, peach or pineapple makes a nice basis for a shortcake.

### **Baby Shortcakes.**

One pint of flour, two teaspoons of baking powder, one-half teaspoon of salt, two eggs, one cup of milk, one-half cup of melted butter. Mix the flour and salt, add the eggs beaten and mixed with the milk. Stir in the melted butter and beat hard. Add the baking powder, beat again for a moment and fill well-greased muffin pans two-thirds full; bake about twenty-five minutes in a hot oven. When done, split with a hot knife and butter well. Have ready a quart of berries slightly crushed and mixed with four tablespoons of sugar. Spread between the cakes and serve with cream.

### **Modern Strawberry Shortcake.**

The modern shortcake which is served at the hotels is like a Washington pie filled with berries and whipped cream. A recipe for the modern cake is as follows: Half a cup of butter, a cup of

sugar, three cups and a quarter of flour, one cup of milk, three eggs, three teaspoons of baking powder, and the juice of half a lemon. Beat the butter to a cream and gradually beat the sugar into it. Add the lemon juice, the eggs well beaten, and finally the flour mixed with the baking powder. Bake in pans in a moderate oven for twenty minutes. Hull and mash three pints of strawberries and mix them with a cup of sugar. Spread the berries and sugar on two of the cakes and over the fruit spread whipped cream, just before the cake is to go to the table. Put the remaining cakes over the first, and spread a thin layer of strawberries and sugar over each. Cover with whipped cream.

#### **Points on Frosting.**

When beating the whites of eggs for frosting, a pinch of salt will often aid in bringing them to a quick froth.

If the whites are perfectly cold they will beat much quicker and lighter.

After the beating has begun it should not be stopped until the whites are beaten to the stiffness desired.

A frosting is often made by beating powdered sugar into the white of the egg before it is beaten, but to have that glossy effect on the frosting, the whites should be thoroughly beaten before the sugar is added.

Frosting should be spread on the cake while the cake is hot, and set in a cool breezy place to harden.

**BOILED FROSTING.** — Boil one cup of sugar and one-fourth of a cup of boiling water until it strings,

being careful not to stir it. Pour it slowly into the stiffly beaten white of one egg, and a pinch of cream of tartar, beating well. Flavor with lemon or vanilla. When thick and smooth pour it over the cake. This frosting hardens so quickly that some haste should be used in putting it on the cake before it stiffens enough to drop.

**PLAIN FROSTING.** — Beat the white of one egg to a stiff froth, and add enough powdered sugar to stiffen it so it will not run when spread on the cake.

**GOLD FROSTING.** — Mix the beaten yolk of one egg and one tablespoon of lemon juice with powdered sugar to stiffen it enough to spread.

**CHOCOLATE FROSTING.** — Stir gradually into the stiffly beaten white of one egg, one cup of powdered sugar, and one-fourth pound of grated chocolate. Flavor with vanilla.

**BOILED CHOCOLATE FROSTING.** — Place in a saucepan five tablespoons of grated chocolate with enough water to moisten it, add one cup of sugar, and a teaspoon of flour mixed smoothly with a little cold water. Boil all together, stirring constantly to prevent burning, until thick and smooth. Flavor with vanilla, and spread over the cake at once.

**MAPLE SUGAR FROSTING.** — One cup maple-sugar, two tablespoons sweet milk, a small piece of butter. Cook together till it hairs. Then stir in the white of one egg which has already been beaten very light. Stir till it begins to cool, then put it on the cake.

**Cookies.**

In the use of shortening for cookies or cake, if one part of lard is used the cookies will be less hard, and the cake keep moist longer, than if all butter is used.

Beat together one cup of butter and two cups of sugar, add two eggs beaten thoroughly, one-half cup of milk, and two cups of flour in which is mixed a teaspoon of baking powder. Add enough more flour to roll thin. A good cooky is often spoiled by slow baking.

**Boston Cookies.**

Mix thoroughly three well beaten eggs, one and a half cups of sugar, one and a half cups of raisins, seeded and chopped fine, one cup of butter, one-half teaspoon of soda, a little salt, half a nutmeg, and stiffen with flour enough to spread on tins. The dough should not be molded or rolled.

**Almond Jumbles.**

Ingredients: One pound of sugar, one-half pound of butter, one pound of almonds blanched and chopped fine, two eggs, one tablespoon of vanilla, flour enough to mix stiff. Roll thin. Moisten the top of each one with the white of eggs, and sprinkle with sugar. Bake quickly.

Some persons wet the jumbles with a brush or a little cloth saturated with sherry wine after they are cooked and then return them to the oven a few minutes to dry.

**Cocoanut Cookies.**

Dissolve in one cup of milk one-half teaspoon of soda, add two-thirds of a cup of melted butter, two cups of sugar, one cup of desiccated cocoanut,

one teaspoon of cream of tartar, sifted with a little flour, and flour enough to roll. Bake in a quick oven.

### **Caraway Cookies.**

Beat together one cup of sugar, and a scant half cup of butter, add two eggs, a pinch of salt, one and one-half cups of flour (measured before sifting), one level teaspoon of cream of tartar, and one-half level teaspoon of soda, sifted with the flour, one and one-half teaspoon of caraway seed. Do not roll the dough, but drop from a spoon into the pan, shaping with the hand.

### **Ginger Snaps.**

Melt one-half cup of butter, and turn it into one cup of molasses with one teaspoon of ginger, one scant teaspoon of soda dissolved in a teaspoon of water, and flour enough to roll. Bake quickly.

### **Hermits.**

Beat together one cup of butter, and a cup and a half of sugar, add three well beaten eggs, one cup of seeded and chopped raisins, one-half teaspoon of clove, one-half teaspoon of allspice, one teaspoon of cinnamon, and flour enough to roll about a quarter of an inch thick. Bake in a moderate oven. If the bottom of a pan, turned upside down, is used, the cookies can be removed much more easily.

### **Vanilla Wafers.**

Cream together two-thirds of a cup of butter, and a cup of sugar, add one well beaten egg, four tablespoons of milk, in which dissolve one-half teaspoon of soda, one cup of flour and one teaspoon

of cream of tartar sifted together, and one tablespoon of vanilla. After thoroughly mixing, add more flour, enough to roll without sticking, and bake on the bottom of a dripping pan, turned upside down, in a quick oven.

Fairy ginger cookies may be made by substituting a tablespoon of ginger for a tablespoon of vanilla in the above recipe.

### **Shrewsbury Cakes.**

Beat together one-fourth of a pound of butter, and one-fourth of a pound of sugar. Add one egg, one teaspoon each of cinnamon and mace, and water, and six ounces of flour. Roll out very thin, and bake in a quick oven.

### **Macaroons.**

Blanch, dry and pound to a paste one-half pound of almonds with one teaspoon of rose water. Beat the whites of three eggs with half a cup of powdered sugar, and add the almond paste and half a teaspoon of essence of almond. If too wet to be shaped, add one tablespoon of dry flour. Dip the hands in cold water and shape the mixture into small, flat balls, and place some distance apart on buttered paper, baking them slowly.

### **Hickory Nut Macaroons.**

Five unbeaten eggs, one pound of chopped nuts, one pound of powdered sugar, one tablespoon of flour, two small teaspoons of baking powder, dropped in tiny cakes on waxed paper in the pan.



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## Chocolate and Cocoa.

Baron Von Liebig, the distinguished German chemist and writer on dietetics, says chocolate is a perfect food, as wholesome as delicious; a beneficent restorer of exhausted power; highly nourishing and easily digested; fitted to repair wasted strength, preserve health and prolong life. "But," he adds, "its quality must be good, and it must be carefully prepared." Nansen, the famous Arctic explorer, speaks of chocolate as an important part of the equipment for arduous undertakings, and condemns the use of tea and coffee as bringing practically no nutritive substance into the body. A recent issue of the Dietetic and Hygienic Gazette says very truly: Walter Baker & Co., of Dorchester, Mass., U. S. A., have given years of study to the skillful preparation of cocoa and chocolate, and have devised machinery and systems peculiar to their methods of treatment, whereby the purity, palatability, and highest nutrient characteristics are retained. Their preparations are known the world over, and have received the highest endorsements from the medical practitioner, the nurse, and the intelligent housekeeper and caterer. There is hardly any food product which may be so extensively used in the household in combination with other foods as cocoa and chocolate. There are a great many adulterations on the market — cocoas made by the Dutch process in which chemicals are used, chocolates loaded with starch and arrowroot. There are, too, a great many imitations of Walter Baker & Co.'s manufactures. Consumers should ask for, and be sure to get, the genuine articles bearing the trade-mark of "La Belle Chocolatiere."



# Beverages.



WE shall give little space to the potables. Coffee, tea, chocolate and cocoa are the only hot drinks which affect the kitchen proper. Beverages which are founded on liquors are not within the province of this book. The "cold temperance drinks" are as a rule provided at the soda fountain. The pop beer extracts can be had so cheaply, and they are so good, that it is hardly worth while to attempt to make them at home.

## Coffee.

The first-class hotel or restaurant coffee is quite different from the ordinary family coffee. To drink strong coffee is an acquired taste, and it is probable that the average man and woman would prefer something not quite so good as the best houses offer. "Good," by the way, is a comparative term. What is good coffee to one is poor to another.

The ordinary recipe for making coffee recommends a combination of Mocha and Java. The proportion generally recommended is about two-thirds Java to one-third Mocha. There are many

who prefer even less Mocha than this, and others consider good Java good enough by itself.

The Waldorf hotel in New York, it is said, uses two-thirds Mocha to one-third Java, for breakfast coffee. The coffee-maker of that magnificent hostelry does not believe in pulverized, or even very finely ground, coffee, but he soaks the coffee in cold water a full hour before he pours the hot water on to it. His proportion is five quarts of water to a pound of coffee. For black coffee, for after dinner use, he uses a quart less water, and rather more Java than Mocha.

There is an endless variety of coffee pots, but given a good quality of the berry, properly roasted and ground, and one can make good coffee in a tin pail, or anything else, even without a strainer, filter or bag.

The soldiers during the war became adepts at coffee-making, with only a tin cup for a coffee pot. They would fill the cup nearly full of cold water, put in enough coffee to make it sufficiently strong, let it soak to a moist condition, set it on the camp-fire and bring it to a boil, and then make a long pour of a stream of cold water from a canteen held high above the cup to "settle" it. Uncle Sam furnished very good coffee, as a rule, to his soldier boys, and they enjoyed it, as a veteran ancestor has often told me.

Breaking an egg into the coffee before boiling tends to make it clear, but it does not allow so complete an extraction of the strength of the berry. The cheaper grades of coffee cannot, by any manipulation or management, be made into a good beverage. Only the best berries make the

best coffee. And with them the chief points are proper roasting ("burnt coffee" is "no good"), freshness (which alone insures aroma), good water (you can spoil the best coffee with bad water) and clearness (muddy coffee is bad to everybody but a Turk).

Neither sugar nor cream is absolutely essential to satisfactory coffee, although most people use both. But if you are going to use any lacteal fluid at all, cream alone will be satisfactory. Skim milk in coffee is a damaging addition. And so are brown sugar and molasses, such as many a family forty years ago had to use.

Boiling does not ruin coffee. Indeed, some of the nicest coffee to be had is made by boiling. But the general preference is for an extract made without boiling, but with water almost at the boiling point.

### **A Good Cup of Coffee.**

A good cup of coffee, says a caterer, is made by taking two-thirds of the best Java for flavor and the remaining third of equal parts of Mocha for strength and Maracaibo for color. Boil fresh water in the porcelain-lined pot, then add the coffee. After the coffee has been on the fire ten minutes shake the pot slightly with a rotary motion and then let it stand for five minutes more. Serve with cream. Some people add an egg and others put a bit of fish skin with the coffee. An essential point to be remembered is that the best quality of coffee, and fresh water, are necessary. For hygienic reasons, hot water from the faucet must not be drawn, but cold water must be allowed to boil on the stove for the especial purpose of coffee.

**Tea.**

To make "the cup that cheers but not inebriates," use one-half teaspoon of tea for every cup of hot water. Place the tea in an earthen dish and pour in the desired quantity of boiling water, cover tightly, and allow it to stand not less than three nor more than seven minutes. Serve with cream, sugar, or thin slices of lemon and cloves. Really good tea requires the water to have been freshly boiled.

**Cafe-Chocolate.**

Ten years ago at the New Orleans Exposition the Mexicans introduced a delicious combination, which is still remembered. Make coffee in the French fashion, without boiling, and then mix with richest chocolate in proportion of two to one, serving with whipped cream topped by powdered sugar.

**Chocolate.**

Mix to a smooth paste one square of chocolate, with a little hot water, in a saucepan, add gradually one pint of boiling water, stirring constantly, and just before serving, one pint of hot milk. More milk and chocolate may be added if a richer drink is desired.

**Raspberry Shrub.**

Select about twelve quarts of the juiciest, plumpest blackcap raspberries. Put them in a large stone jar, or huge yellow bowl, and pour over them enough pure cider vinegar to reach as far as the berries, but no more. If the vinegar is too acid, a little less will suffice. Let the berries soak in the vinegar for thirty-six hours. Lay a

coarse muslin strainer, in a colander, over a stone jar, and dip the vinegar and raspberries into it, mashing the berries a little to extract all their juice. Measure the liquid and put it over the fire in a porcelain-lined or aluminum kettle. When it boils add a pound of loaf sugar for every pint, and let the whole boil for ten minutes; then bottle and seal. Use about two tablespoons of the syrup in a glass of water. Add about two tablespoons of crushed ice, stir it, and serve it with the most delicate white sponge cake or with simple wafers.

#### **Currant Shrub.**

Extract the juice of two quarts of rich ripe red currants. Sweeten with a cup of sugar to every pint of juice. Beat the mixture well with a wooden spoon. Dilute the juice with twice as much crushed ice and ice water as there is currant juice. Old-fashioned housekeepers often add a grating of nutmeg to each glass of this shrub.

#### **Blackberry Cordial.**

Stew the berries until soft, and strain through a fine sieve, not allowing the seeds to escape. Add one-half pound of granulated sugar to one quart of the strained juice, and also one-half ounce of grated nutmeg and one ounce of pulverized cinnamon. Allow it to simmer until thick, and when cold add a pint of brandy to a quart of the syrup and bottle it.

## Stickney & Poor.

What do these two names at once suggest, especially to a New England reader? Mustard and Spices of course. Stickney & Poor's Mustard was the first Mustard that bit our youthful tongue on a home-made ham sandwich, and from that day to this the label has been the synonym of a pure and genuine article on which the housekeeper could always rely. In 1839 there were thirteen manufacturers of Mustard in Boston and vicinity. Of all these the house of Stickney & Poor is the only survivor. They are the only manufacturers of Mustard in New England. They are the largest manufacturers of Pure Spices in the World. It is often easy to push upon the people for a few years a low grade article; but only the best quality and absolute purity will survive successfully through nearly one hundred years. Then a label becomes extraordinarily significant, commanding the respect and trust of all. Stickney & Poor are our neighbors. They have the standing and the character which have enabled them to claim to lead the spice grinding of the world. The establishment was founded just as peace was declared between the United States and Great Britain in 1815, and they have been adding to their reputation ever since. "Purity and Quality Unexcelled" is their motto, and nothing less than this standard, stoutly adhered to, would have given them their present rank in business. Try Stickney & Poor's Mustard on your fish balls next Sunday morning. Try Stickney & Poor's Pastry Spice in your mince pies. Try any of their spices whenever needed, and you will understand their success over so many years.

## Preserves, Jellies, Pickles, Etc.

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THE embellishments and condiments of the table come into this department. There are innumerable rules covering this varied ground, and great ingenuity has been displayed in arranging new combinations, and inventing new recipes. The changes in this line of cookery within a comparatively few years have been chiefly due to the advance in the art of preserving edibles by canning, or, as the English say, "tinning," them. In this country, however, glass is even more a factor than tin, in preserving fruits and vegetables. Another advance is due to the greater plentifulness of good fruit. But we have so many rules to present, that we must not waste time and space on an introduction.

### **Canned Fruit.**

The most appetizing and attractive canned fruit or berry, in the winter, is that which has kept as nearly as possible the fresh natural flavor, and that looks the most solid and best retains its shape. In order to procure this flavor and firmness, the following process will be found very suc-

cessful: Carefully prepare the fruit, having it as dry as possible, and fill the jars, shaking lightly. Make a very sweet syrup of one cup of sugar and one cup of hot water for every quart of fruit, and when boiling pour slowly over the fruit, screwing down the covers as soon as the jars are filled with the syrup. Place the jars in a large boiler, (not over the fire) on a rack to prevent them from resting on the bottom, and thereby cracking, and pour in enough boiling water to cover them. Put heavy cloths or blankets over the top of the boiler, and allow them to remain for a day and a night. Then remove the jars, wipe carefully, and set away.

If the fruit is hard like pineapple, or hard peaches, or pears, the water in which they are set in the boiler should boil forty-five minutes, and then be allowed to stand covered a day and a night.

#### **Canned Blackberries without Sugar.**

After selecting and washing your berries put them on a cool part of the range until the juice comes freely, then move the kettle forward, bring to the boiling point; cook only long enough to heat the fruit thoroughly, then bottle and seal immediately. These will be found delicious, having retained their full flavor, sugar being added at the table, or half an hour before serving, if preferred.

#### **Preserved Pears.**

Pare the fruit and cut it in halves and place it in cold water or it will be discolored. Use one pound of sugar for three pounds of fruit, and one quart of water for three pounds of sugar. When



the syrup is boiling take the pears from the water and drop into the syrup. Cook until they can be pierced easily with a silver fork. Fill the jars with fruit and fill to the brim with syrup, using a small strainer in the tunnel that the syrup may look clear. Bartlett pears are delicious canned and so are the Seckels.

### **Pineapple Marmalade.**

Pare and grate the pineapples into a pulp, which boil fifteen minutes. Add to each quart of boiled pulp a pint of granulated sugar. Stir and bring to a boil. Fill into glasses or jars. This is a fine preserve, and will keep for years.

### **Banbury Marmalade.**

Squeeze the juice from seven pounds of currants, add six pounds of sugar, two pounds of seeded and chopped raisins, two oranges, all but the seeds, chopped fine and let it boil slowly for an hour and a half. The only trouble with this marmalade is that it is too good to last very long.

### **Orange Marmalade.**

Simmer twelve sour oranges in enough water to cover them, until they are tender. Cut them open, remove the seeds and part of the white inside skin, separate the pulp from the rind and chop the rind very fine. Make a syrup of eight pounds of sugar, four quarts of water, and the juice and grated rind of two lemons. Boil until quite thick, add the orange, rind and pulp, and boil half an hour, or until it jellies. Over boiling spoils the color.

**Currant Jelly.**

The following recipe is one that never fails: Pick the currants as soon after they turn red as possible. Place the currants in an agate or porcelain kettle on the stove and when thoroughly heated, mash them with a large spoon or vegetable masher, and turn into a flannel jelly bag; extract the juice, being careful not to squeeze too hard, or the jelly will be cloudy. Measure the juice, and to every pint allow one pound of white granulated sugar. Let the juice boil in an agate or porcelain kettle for twenty minutes. Have the sugar measured and having heated it on the back of the stove, add it to the boiling juice, and stir rapidly until dissolved. Pour the jelly into tumblers dipped in hot water, or set on a cloth wrung out of hot water to prevent breaking. Keep in a cool dry place, covered with paper.

**White Grape Jelly.**

Being served some delicious white grape jelly at a country dinner party recently, I begged the recipe. The grapes were a native white variety, highly flavored, but had no name. Probably the rule, which is a simple one, might answer for any grape. The color of the jelly, which was a clear, light amber, and the delicious flavor, were what attracted my attention:

The grapes should be picked from the stem and washed. Place on the stove in a porcelain-lined kettle, and add water enough to keep the grapes from burning. Boil until quite soft. Remove from stove and strain through a cloth strainer. Measure the juice, and measure and set aside an

equal quantity of sugar. Boil juice half an hour, and then add sugar, and let it boil ten minutes or until you can see it is coming to a jelly. Remove from stove and fill tumblers to cool.

### **Green Grape Jelly.**

To dispose of the grapes that are sure not to ripen, this is recommended as a nice rule: One peck of green grapes stewed until soft in one quart of water, strain through a flannel bag, and boil the juice twenty minutes; to a pint of juice add a pint and a half of sugar, which has been allowed to stand in the oven until hot, and, after adding the sugar, boil one minute, when it is ready to put in the glasses.

### **Blackberry Jelly.**

Select firm fresh wild berries, heat gently, and squeeze through a linen strainer until all the juice has been expressed. Put a pound of cut loaf sugar to each pint juice, boil together twenty minutes, then test. It should "jell" in half an hour or less. Pour into glasses and cover after twenty-four hours.

### **Gooseberry Jelly.**

Use green gooseberries, removing the stem and flower, place them in a porcelain-lined kettle, and allow them to boil until soft, mashing them to extract the juice. Strain the juice through a coarse flannel bag, and to every pint allow three-quarters of a pound of sugar. Boil the juice twenty minutes, and add the sugar previously warmed, and boil ten minutes longer. Pour the jelly into glasses, and if not entirely hard when cool, set the

glasses in the sun for a day. When cool, cover with paper and keep in a dry place.

#### **Apple Jelly.**

Wash the apples, and cut them in eighths or quarters, but do not remove the skins or seeds. Cover with cold water, and boil till soft, then mash and drain them on a sieve. Do not squeeze the pulp, but use the juice which comes out, to which add an equal quantity of sugar, and boil until it jellies. This rule applies to crab apples as well.

#### **Spiced Currants.**

There are many rules for spiced currants, according to the result required, as to tartness or thickness. The larger the proportion of fruit, and the less the sugar, the less sweet the result. Our Practical Cook vouches for this as a sure and excellent rule:

Take six pounds of carefully picked over currants, and add four pounds of sugar, a pint of vinegar, two tablespoons each of ground clove and cinnamon, and boil four hours. Some rules provide for a shorter boiling. This depends on the combination. The long boiling should be a mere simmering. It makes a thicker spiced currant and a richer color.

#### **Spiced Gooseberries.**

Remove the stems and blossoms from six quarts of green gooseberries, put them in a porcelain-lined kettle with four pounds of sugar, two tablespoons each of cloves and cinnamon, and one pint of vinegar. Boil all slowly for two hours, being careful that it does not burn. This is excellent with meats.

**Spiced Grape.**

Separate the pulp from the skins, and heat the pulp in an agate kettle until the seeds are extracted, then press through a vegetable strainer, the holes of which are small enough to retain even the little seeds. Put this pulp with the skins, and proceed as for spiced currants, boiling slowly until the skins are perfectly tender.

**Pickled Peaches.**

Make a syrup of six pounds of sugar to one quart of vinegar, two tablespoons each of whole cloves and stick cinnamon, broken in pieces, tied in a muslin bag, and boiled in the vinegar and sugar. Rub the velvet from a peck of peaches, and cook a few at a time, in the syrup until tender; then place them in a stone jar, or crock, and after boiling the syrup down one-quarter pour it over them very hot.

**Pickled or Spiced Pears.**

Prepare the same as pickled peaches. The pears may be peeled or not as you desire.

**Spiced Plums.**

Wash the plums and remove the pits with a sharp knife. Proceed as for pickled peaches.

**Cucumber Pickles.**

The small cucumbers, two to four inches long, make the best pickles. To a hundred and fifty of them take a pint of salt dissolved in enough boiling water to cover the cucumbers. Let them soak in a covered vessel two days, then take out, drain and wipe. Put them in a stone jar or firkin, with a bit of alum. One can add an onion, some cloves,

a green pepper and some scraped horse radish, but they are not necessary. Turn over them sufficient boiled and hot vinegar to cover them. Cloves, allspice, pepper-corns, stick cinnamon and white mustard seed can be put in a bag, boiled ten minutes in the vinegar, and placed in the firkin or jar with the pickles.

If you are picking cucumbers from the vines to be kept until enough are accumulated to make pickles, put them in brine strong enough to float an egg. When ready to pickle, take them out and soak in fresh water two days. Then pour the hot spiced vinegar over them.

#### **Piccalilli.**

Slice a peck of green tomatoes, twelve onions, and two red peppers. Put over them a cup of salt and let them stand twelve hours. Then drain off the liquid, add a tablespoon each of ground cloves, allspice, and cinnamon, and three-quarters of a cup of grated horseradish. Pour over the whole three quarts of vinegar, simmer four hours, stirring once in a while, and put in jars while hot.

#### **Pickled Tomatoes, No. 1.**

Take well grown green tomatoes, peel and drop them into a strong ginger tea and scald well. For every two pounds of tomatoes take one pound of brown sugar and a pint of vinegar, add nutmeg, cinnamon, and mace, in a bag, and cook the tomatoes in the syrup till it is clear.

#### **Pickled Tomatoes, No. 2.**

Wash and weigh eight pounds of green tomatoes, slice them, and allow four pounds of sugar,

two quarts of cider vinegar, and eight onions. Let the vinegar boil with the sugar, skim it when cooled a little, add the onions, two teaspoons of salt, one tablespoon each of cinnamon and clove, one grated nutmeg and a little cayenne. Add the tomatoes and a few slices of celery, and let it boil only two or three minutes. If you don't like the onions, by all means leave them out.

#### **Chili Sauce.**

Boil together, for one hour, six large, ripe tomatoes, four green peppers, chopped fine, one onion, chopped, one tablespoon of salt, and one and a half cups of cider vinegar.

#### **Watermelon Rind Pickle.**

Pare and cut the rind into inch pieces, and boil in water with a small piece of alum, until tender; drain off the water and boil five minutes with one quart of vinegar, one pound of sugar and a tablespoon of cassia buds. Boil the syrup of vinegar and sugar ten minutes before adding the rind.

#### **Sweet Cucumber Pickle.**

Get a bushel of the largest cucumbers possible, preferably green ones, but yellow ripe ones will answer. Pare and seed them, and cut in quarters lengthwise. Soak for twenty-four hours in water which is quite salt. Wash them, and soak another twenty-four hours in a mixture of half vinegar and half water. Then drain them and boil until tender in the following mixture; a quart of vinegar, a pound of sugar, four tablespoons each of whole allspice, clove and cinnamon, (put into four small bags made of mosquito netting) and a tablespoon

of ginger. When so soft that you can pierce them easily with a straw, put them in a stone jar and keep in a cool place.

### **Orange and Rhubarb Jam.**

Wipe the rhubarb until clean and dry, and cut it into fine pieces without peeling. Peel half a dozen oranges, cut away all the white under the skin, take out the seeds, and divide the oranges into quarters. Open each section that holds the pulp and take that out, being careful to save all the juice. Put the rhubarb, orange pulp, and juice with a pound and a half of granulated sugar, stir until the sugar is melted, then cook slowly till a fine mass. When it begins to thicken, cool a little in a saucer. Put away in tumblers and cover with waxed or oiled paper.

### **Blackberry Jam.**

The berries should be mellow, but perfectly sound for this purpose. Heat gently, mashing slightly. To each pound of pulp allow three-quarters of a pound of loaf sugar. Bring to boiling point, then simmer twenty minutes, being careful to stir frequently to prevent scorching. This rule applies also to plum and raspberry jam.

### **Cranberry Sauce.**

Clean the fruit carefully and cut each berry in two, if you can afford the time. Stew very slowly, and put in the sugar only when the fruit is nearly done. A little water will keep it from burning. The amount of sugar will depend on how sour the fruit is, and how sweet you like the sauce.



**Pineapple Sauce.**

Grate a small pineapple and let it simmer in a half-pint of water. When you take it off add a fourth of a cup of sugar. Always leave out the little hard bits of the pineapple.

**Stewed Prunes.**

Take a pound of prunes and wash them carefully, and put them in a stew-pan with the grated rind of a lemon, a little cinnamon and allspice, and three tablespoons of sugar. Cover with cold water and boil until soft. Serve warm or cold.

**Fruit Seasoning.**

The rule includes a pint of good brandy, ten pounds of sugar and ten pounds of fruit. The fruit and sugar can be added from week to week as the former comes in season, but the mixture should be well stirred every day. The following is a good, but by no means the only, combination: Four pounds of pineapple, one of red currants, two of cherries, two of strawberries, one of red raspberries, one of green Damson plums. When you put in the fruit put in an equal weight of sugar. It may work, but it will come out all right.

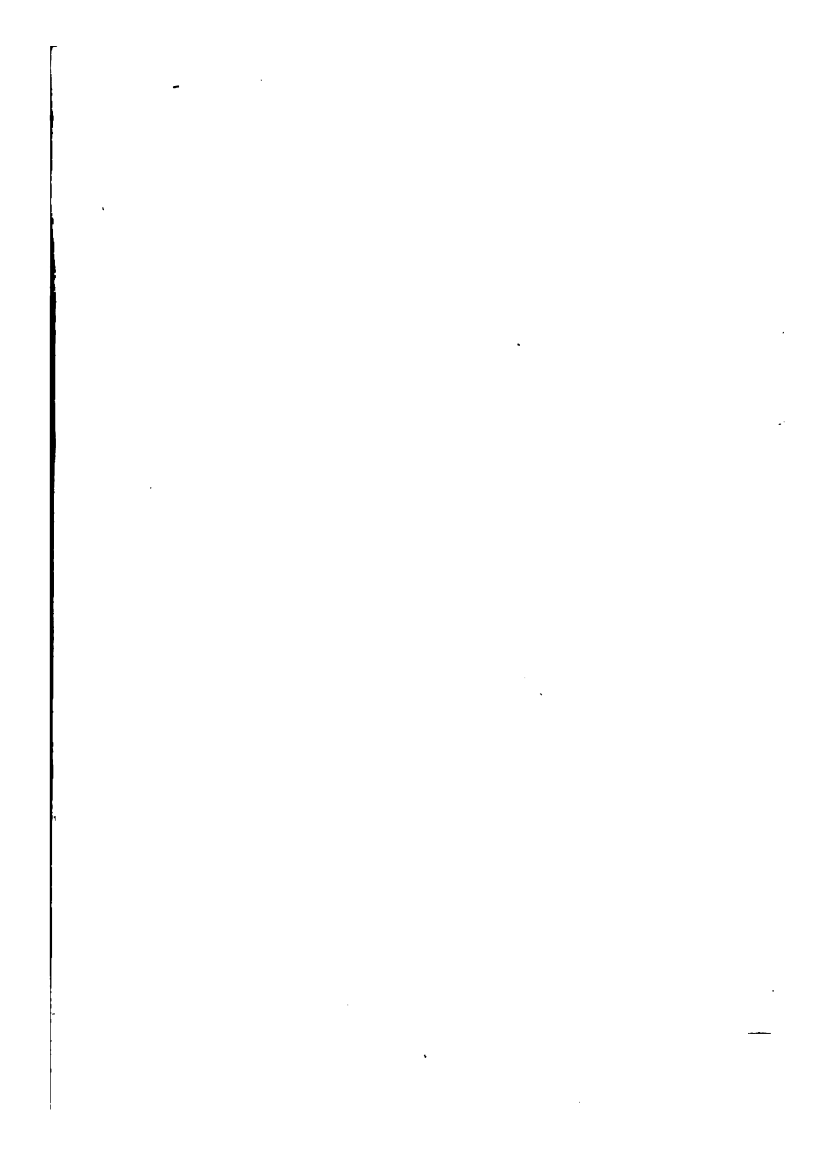
**Apple Compote In Jelly.**

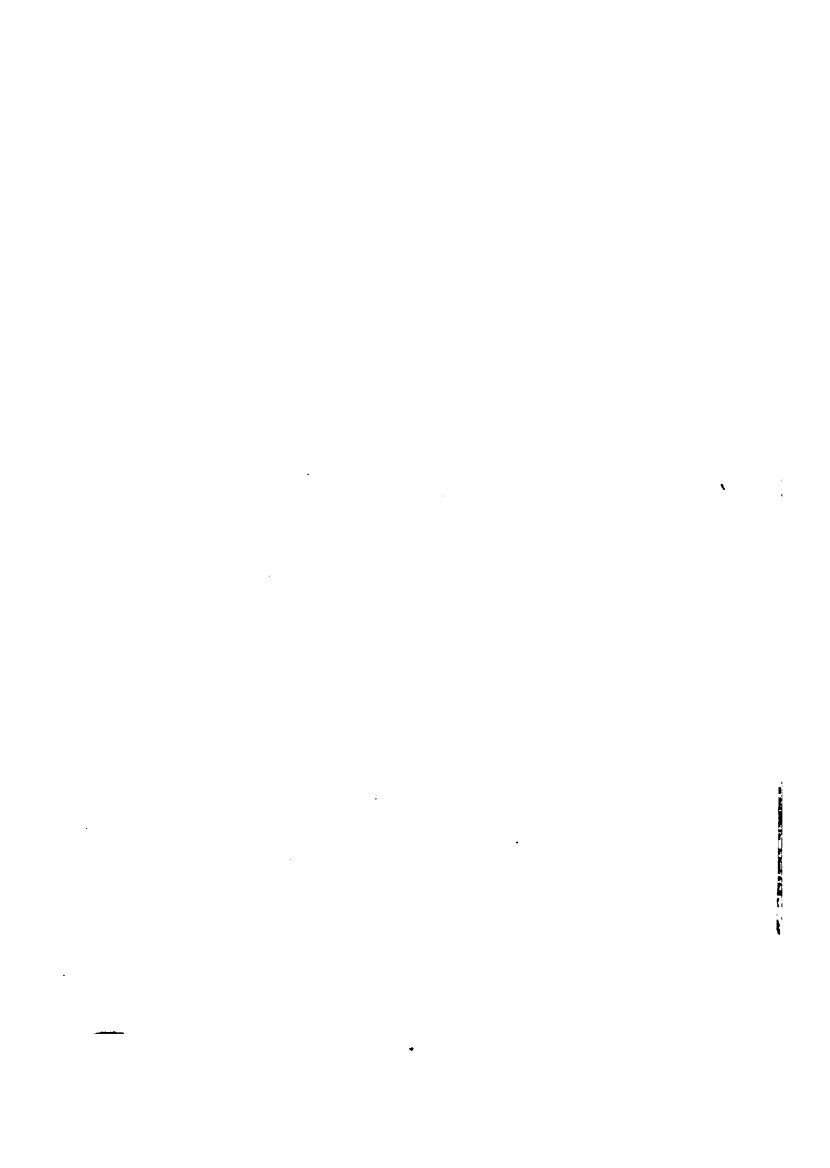
Take some good cooking apples, cut them in half, peel them and remove the core, put them in cold water for a minute, then into a syrup of sugar and water, with the rind of a lemon, and stew them gently until clear and tender. Remove the fruit carefully into a glass dish. Chop up one or two apples into little pieces, and cook them in the syrup, adding more if needed, until the fruit is

pulpy, then strain off the syrup, add a little gelatine dissolved in water, a few drops of carmine, and wine (if approved) to taste. Pour over the apples in the dish and leave till cold and set.

**Mrs. Horn's Apple Sauce.**

This is an exceedingly handsome, as well as delicious dish. Any good tart apples will do, but the better the quality, the better the sauce. Pare, quarter and core the apples, and put them in a saucepan with sufficient sugar, which must be determined by the quantity and tartness of the fruit. Pour in cold water enough to nearly submerge the apples, and simmer slowly, without stirring, until the desired beautiful red tinge appears, which makes the beauty of the sauce.





# The Chafing Dish.

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**T**HERE is nothing in the way of cookery for which a chafing dish is recommended that cannot be accomplished as well with a gas or oil stove, or common cooking range. But the chafing dish is exceedingly handy for a social luncheon, where but one or two things are to be cooked, and where the heat of the range would be objectionable. Besides, it enables the party to sit around the table and see the process of cookery, and make suggestions to the cook, or exchange badinage with the other guests. There's no end of fun in a chafing dish party, and there are certain things which are appropriate to such a party, and which can readily be served at the dining table from a chafing dish. There are many more of these than we shall attempt to give, and which will suggest themselves to the bright young ladies who enjoy giving such parties. And even for the family circle, of a Sunday evening, or where there is a late arrival from the theatre or concert, the chafing dish comes very handy.

The modern affair has many improvements. The double pan, serving the purpose of a double

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boiler, is essential, since so many chafing dish recipes must avoid burning the materials. The facilities for lighting and extinguishing the alcohol, and for checking or enlarging the flame must be seen to. Only grain alcohol must be used in the lamp, as wood alcohol smells bad, and does not burn well, and is poisonous to the skin and lungs.

It is somewhat expensive to run a chafing dish very frequently with alcohol at \$2.40 a gallon. But when this absurd internal revenue tax of \$2.07 a gallon on alcohol used legitimately is removed, the chafing dish will be within everybody's reach.

In all the following rules the double pan is used with boiling water in the bottom pan, unless otherwise specified.

#### **Fried Clams.**

Dry large clams in a napkin, dip in beaten egg, then in fine cracker crumbs, season with salt and pepper, and fry in hot butter (without the double pan) until a rich brown.

#### **Fried Oysters.**

Oysters may be treated in the same way, or may be dipped in batter made of three beaten eggs, a tablespoon of flour and three of milk, and seasoned with salt and oyster liquor.

#### **Stewed Oysters or Clams.**

The rule for stewing oysters or clams in a chafing dish does not differ materially from the rule for stewing on the stove. There are some variations in methods, and either can be used on the chafing dish. They may be stewed in milk or in their own liquor.

**Oysters on Toast.**

Chop a dozen oysters pretty fine, season with salt, pepper and nutmeg, melt a teaspoon of butter, put in the chopped oysters, and stir in the yolks of two eggs beaten with half a cup of rich cream. When the eggs are cooked, serve on buttered toast.

**Pan Roast.**

Melt a tablespoon of butter, and add a dozen large oysters with a cup of the oyster liquor. Season with salt and pepper, and cook two minutes. Put slices of toast on hot plates, a few oysters on each, and pour on enough of the liquor to moisten.

**Little Pigs in Blankets.**

Take large oysters, season them, and wrap each in a very thin slice of bacon, which you can fasten with a wooden toothpick. Use only the upper pan, have it very hot, and fry the "pigs" enough to crisp, but not burn, the bacon. Serve on toast.

**Panned Oysters with Celery.**

Melt a tablespoon of good butter, and put into it a heaping teaspoon of white crisp celery cut into fine pieces. Season with a teaspoon of paprika, half a teaspoon of salt, and the juice of half a lemon. When it is hot, add a pint of large oysters, drained of their liquor, cook until their edges curl, add a cup of cream, or a wine-glass of sherry, and serve on thin slices of well browned toast, which should be moistened a little, before the oysters are poured over them.

**Oyster Rabbit.**

The combinations possible with a chafing dish are endless. New ones may be invented, at will,

but here is one which we have found very fetching: Select half a pint of oysters, and remove the hard muscle, parboil them in their own liquor until their edges curl. Then turn them into a hot bowl, and put one tablespoon of butter into the chafing dish, with half a pound of finely crumbled cheese, and a salt spoon each of salt, paprika and mustard. Beat two eggs slightly, add the oyster liquor, and then gradually the cheese when it is melted, and then put in the oysters, and when hot turn it over hot toast. We should add a warning that the cheese should be good rabbit cheese—soft and rich.

#### **Creamed Oysters.**

There should be about a dozen oysters for each person, unless they are very large. Our rule is for a party of four. Melt a large tablespoon of butter in the chafing-dish. Add the oysters without their juice, but with a little salt and pepper; let them cook for two minutes, stirring them often, then add a scant tablespoon of flour, stirring it into the butter in the bottom of the dish. Add a cup of rich milk or cream, and when the mixture boils, serve with a salad of green lettuce or celery, and with the thinnest slices of bread, buttered and made into the form of sandwiches. If the chafing dish is rather small for the quantity to be cooked, cook half at a time.

#### **Creamed Little Neck Clams.**

The same rule applies to little neck clams, but they should be small enough to be tender.



**Sweetbreads.**

Sweetbreads are especially adapted to the chafing dish. Take three pairs of sweetbreads, and after blanching them, boil them fifteen minutes and cut them into dice. Melt a tablespoon of butter in the chafing dish and add a scant tablespoon of flour; when the mixture bubbles, add a scant cup of stock and finally a cup of cream. Let the sauce boil, and add the sweetbreads at once and let them stew for three or four minutes. A cup of minced mushrooms is a delicious addition to this stew. Just before removing the stew from the "blazer," stir in the yolk of an egg, mixed with half the juice of a lemon and some of the hot mixture. The rule can be made smaller in a recipe "built for two."

**Fried Sweetbreads.**

Wash the sweetbreads, dry them on a napkin, and either lard them, or wrap thin slices of salt pork around them. Butter the chafing dish, not using the hot water pan, and when hot put in the sweetbreads and cook brown.

**Welsh Rabbit.**

Take a pound of soft rich cheese and cut into dice, and melt them in the chafing dish, turning in gradually a glass of ale, or milk, and stirring all the time. When melted stir in a teaspoon of dry mustard, a half teaspoon of paprika, or in its place a strong dash of cayenne, a piece of butter the size of an egg, or better, half a cup of cream. When just fully melted and hot, serve on toasted bread or soda crackers. Success depends on not losing time after the cheese is thoroughly melted. A dry

cheese does not make a good rabbit. It is a good combination to use half plain, and half sage cheese. A dash or two of Worcestershire sauce adds piquancy to the flavor, especially if milk is used instead of beer.

### **An English Cheese Dish.**

Some cooks call it a "monkey." It is very good, whatever the name. Melt a tablespoon of butter and a cup of cheese broken into small pieces, and add a cup of bread crumbs which have been soaked in a cup of milk, a beaten egg, half a teaspoon of salt, a dash of cayenne, or three dashes of paprika, and a little bit of carbonate of soda, as large as a marrowfat pea. It wants cooking five minutes, and may be served on toast or crackers.

### **Fried Fish.**

Any small fish may be cooked in the chafing dish—brook trout being a special delicacy. The double pan is not used in frying. The fish may be fried in butter, lard or pork fat, which should be very hot when the fish are put into it. The fish may be dredged with flour or corn meal, and must be thoroughly cooked. Drain off the fat for a moment on a hot napkin, and serve, with a piece of lemon, on a hot platter.

### **Venison Steak.**

This is one of the delights of the chafing dish picture. A nice venison steak, not less than an inch and a quarter thick is put into an ounce of hot melted butter, and covered and cooked three minutes, without the double pan. Then turn and cook the other side three minutes. Season with a

saltspoon of salt, a piece of cayenne, a teaspoon of lemon juice, two tablespoons of quince jelly (some other jelly will do) and half a pint of good claret or Madeira wine, and a little mace, and simmer six to eight minutes. Have the plates hot when you serve. You can use sherry for wine, and currant jelly.

### **Frogs Legs.**

Melt three tablespoons of butter, stir in a tablespoon of flour until smooth, and add half a cup of cream. Season the frogs legs with salt, pepper and nutmeg, and cook in the sauce twenty minutes. In the country the boys can capture and skin the frogs legs. In the large cities they can be bought at the market.

### **Devilled Eggs on Toast.**

Put a small piece of butter in a chafing dish, with half a teaspoon of dry mustard, two tablespoons of tomato sauce, one tablespoon of Worcestershire sauce and one of mushroom catsup. Put into this four hard-boiled eggs sliced, salted and peppered. When heated serve on slices of buttered toast. Or if anchovies are liked, spread the toast with anchovy paste.

### **Devilled Beef.**

Spread slices of rare roast beef with butter, cover with a layer of mixed mustard, a little black pepper and salt, a tablespoon of vinegar, and cook in a chafing dish until the slices curl.

### **Cold Roast Beef Fried.**

Have the chafing dish very hot and do not use the hot water pan. Take just enough butter to

keep the meat from burning. Cut cold rare roast beef in rather thick slices, and heat it on both sides quickly in the butter. Season highly with salt, pepper, and mustard, Worcestershire or walnut sauce. Serve while hot.

#### **Dried Beef.**

Into two tablespoons of hot melted butter put half a pound chipped beef. Fry until the meat is brown, add three half-pints of milk, thicken with flour, and serve on toast.

#### **Lobster a la Newburg.**

This is a favorite chafing dish rule, and it is the same as will be found under the head of fish. It may not be out of place to renew the caution to have good sherry. Poor "cooking" sherry will not make good "Newburg."

#### **Eggs in Chafing Dish.**

It is hardly necessary to repeat the recipes for cooking eggs, for the same directions in the main apply to the chafing dish, as to other methods of cooking. Eggs are very conveniently cooked in the chafing dish, in almost any way in which they are served, and even omelettes are made, although they are not quite so well adapted to this utensil.

#### **Mushrooms.**

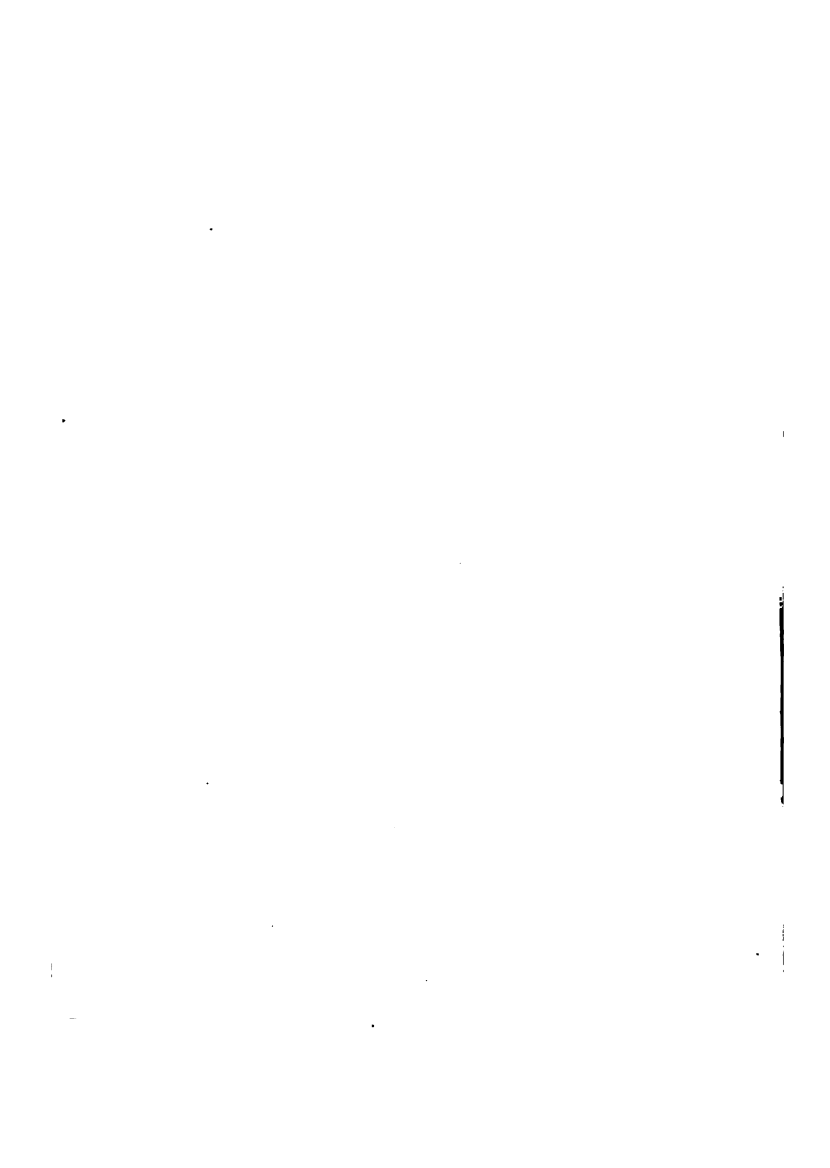
We may say the same of mushrooms as of eggs, for the cooking of which we give full directions elsewhere. Of course nothing can be broiled in the chafing dish, but the hot pan without water furnishes a very fair substitute.

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# Home-Made Candies.



HOME-MADE candies are quite a fad now-a-days. The young ladies all over the country are becoming quite expert confectioners, and no money-making function, for the church or any charity, is considered complete without its home-made candy table. So fine is the product of this branch of confectionery fine art, that much money is netted at the candy tables, and those who buy not only secure as delicious confections as come from professional candy-makers, but they have the additional advantage of being sure that the material used is unsophisticated, and the operations of manufacture are wholesome and cleanly.

The recipes which we give are largely gathered from young ladies in different parts of the country, who have made some fame by their candies.

## French Cream.

This is the foundation for all chocolate, cocoanut and fruit creams. Break into a bowl the white of one egg, or more, if you wish a larger quantity; add to it an equal quantity of cold water and stir in enough confectioner's sugar to mold into shape

with the fingers. After molding set aside to dry on plates or waxed paper.

### **Fruit Creams.**

Seeded raisins, fig, citron or currants chopped fine, may be mixed with French cream before all the sugar is added. Press into a cake about an inch thick and cut in cubes. Chopped nuts may be substituted for fruit.

### **Cream Cherries.**

Make a small round ball of French cream, cut a strip of citron to look like a cherry stem, and put the ball upon one end. Put one half of a candied cherry on each side of the cream ball near the stem.

### **English Walnut Creams.**

Make balls of French cream a little smaller than an English walnut, and place a half nut-meat upon either side, pressing them into the cream.

### **Cream Chocolates.**

Make small balls of French creams, stand them on greased paper and put in a cool place to dry. Put half a pound of chocolate into a small pan and stand over boiling water to melt. Keep warm, and dip in the balls, one at a time, until all are covered with the chocolate. Then put back on the greased paper to dry.

### **Cream Dates.**

Remove the stones from large dates. Roll pieces of French cream into long strips; put in the dates when the stones have been removed, press together, roll in granulated sugar, and stand aside to harden.



**Cocoanut Drops.**

One pound of grated cocoanut, half a pound of sugar, the white of one egg, mix well, roll in balls, set in a cool oven on buttered paper to dry.

**Chocolate Caramels.**

Put a quarter of a pound of grated chocolate, a pound of brown sugar, half a teacup of molasses, a tablespoon of butter and three tablespoons of sweet milk into a sauce-pan. Set on the fire and stir until dissolved; let boil until it hardens. Flavor with vanilla, and pour into a greased pan. When partly cool, mark off into very small squares with a dull knife. Set in a cool place to harden.

**Cocoanut Caramels.**

Take two pounds of sugar, two teacups of grated cocoanut, one of grated chocolate and a teacup of cream. Cook slowly until thick. Let cool and form in little cakes; put in buttered plate to dry.

**Vanilla Caramels.**

Two cups of granulated sugar, two-thirds of a cup of milk filled up with unmelted butter, one teaspoon of vanilla. Stir until it begins to boil, but no longer. Cook about twenty-five minutes, or until it turns a light brown. Pour on buttered tins, and when partly cold mark in squares.

**Cream Candy.**

Take one pound of granulated sugar, one tablespoon of gum arabic water, half a teaspoon of cream of tartar and a teacup of water; mix all together and stir over the fire until the sugar is dissolved. Then boil without stirring until it hardens.

Drop in cold water, and if it sinks to the bottom it is done; it should not be brittle. Pour on greased plates, and pour a teaspoon of vanilla over. When sufficiently cool, pull until white.

### **Sugar Candy.**

Take six cups of sugar, one each of vinegar and water, one tablespoon of butter, and put on to boil. Add when nearly done a teaspoon of soda dissolved in warm water. Boil until it threads, flavor, pour in buttered plates and pull when cool.

### **Taffy.**

Put a pound and a half of sugar in a saucepan, and wet with half a pint of water; stir over the fire until dissolved; then boil until thick. Add two tablespoons of butter and half a teaspoon of lemon juice; let boil again, flavor with vanilla. Pour in buttered pans; when cold, mark off in little squares.

### **Peppermint Creams.**

One cup of sugar, one-third of a cup of water; boil together until it creams when rubbed in a cold dish. Add a few drops of essence of peppermint, drop on buttered paper or plates, and dry.

### **Lollipops.**

Boil together, until brittle when tried in water, a scant pint of milk, two squares of chocolate, one-half cup of butter and three heaping cups of granulated sugar. Pour into buttered pans.

### **Nougat.**

Grease a square, shallow pan with butter. Fill with hickory nut kernels, almonds cut in thin

slices, cocoanut chopped fine and a few bits of candied orange peel. Boil two pounds of sugar and one cup of water together, without stirring, until it hardens; then add a tablespoon of lemon juice, and pour it in the pan over the nuts. When cold mark in narrow strips with a knife.

#### **"Fudges."**

Two cups of granulated sugar, one cup of milk, one-quarter of a cake of chocolate, a good sized piece of butter. Let it boil, stirring constantly, until it will harden when dropped in water. Remove from the fire and stir until cool. Pour into buttered pans, and cut in squares.

#### **Marshmallow Paste.**

Soak half a pound of gum arabic in about a pint of water, to which add gradually a pint of powdered sugar and the beaten whites of two eggs. The paste will be done when it forms a thick mass in cold water. Flavor with any essence desired, and pour into a shallow pan which has previously been powdered with cornstarch. After the mass is thoroughly cool cut into squares and cover generously with confectioner's sugar.

#### **Nut Candy.**

Three cups of brown sugar, one cup of chopped nuts, one cup of cream or milk (if milk is used add a small piece of butter). Boil until brittle when tried in cold water. Cut in squares when cool.

#### **Almond Candy.**

Boil one cup of sugar and one-third of a cup of water, without stirring, until amber color; just before taking from the fire, add one-fourth of a

teaspoon of cream of tartar. Pour the candy over blanched almonds in a buttered pan. Figs, washed and cut in quarters, may be substituted for almonds.

#### **Butter Scotch.**

One cup of brown sugar, one-half cup of water, one teaspoon of vinegar, a piece of butter the size of a walnut. Boil till it snaps when tried in water. Flavor if desired.

#### **Old-Fashioned Molasses Candy.**

Boil together two cups of molasses, one cup of sugar, and a piece of butter the size of a walnut. Try a little in cold water and when brittle add, just before turning out, one-quarter of a teaspoon of soda. Cool and pull.

#### **Corn-balls or Popcorn Candy.**

Boil together two cups of molasses, one cup of brown sugar, a piece of butter the size of an egg, and a teaspoon of vinegar. When as hard as taffy stir in all the popped corn the candy will take and mold in balls, or pour into pans and cut into squares.

#### **Stuffed Dates.**

Remove the pits from dates and fill with chopped nuts. Roll in powdered sugar.

#### **Glaced Fruits and Nuts.**

Boil without stirring, for ten or fifteen minutes, one pound of granulated sugar and one-half cup of water. Test it in water, and when brittle, remove from the fire, add a tablespoon of lemon juice, and set the pan containing the candy in a bowl of hot water. With a long pin or needle immerse sec-

tions of oranges, grapes, figs, almonds, walnuts, or pecans, and set upon an oiled paper. The fruit or nuts must be thoroughly dry before dipping into the candy.

### **Salted Almonds.**

Shell the nuts and blanch by pouring boiling water over them, when the skins may be easily rubbed off. Put them in a saucepan with a very small piece of butter, and place them in a hot oven, shaking the pan that they may be browned evenly.

When browned, dust them lightly with fine salt. Peanuts and pecans may be treated the same way, but the peanuts should be raw before blanching.

### **Points on Candy.**

Always use porcelain lined or nickel steel agate ware kettles for candies.

Asbestos mats are almost indispensable when boiling sugar or candies that must not be stirred.

If you want candy to sugar, stir it while it is cooking.

Do not stir candy that you want to pull.

Vinegar makes candy brittle.

### **Home-Made Candies.**

The candy department is essential in every cook book nowadays, but for a manual on this topic we call attention to our little book, "Hood's Book of Home-Made Candies." This was written by a candy maker of long, practical experience, and contains full directions about making all kinds of delicious confections, from the old-fashioned molasses candy to the popular French creams and bonbons. We send copy of this book to any address for a two-cent stamp.

## "The Best and the Rest."

The above was a happy conceit of the man who was classifying the starches of commerce. A laundry starch has a place in the household kitchen, and properly in the household cook book. "The Best" is only an alias for the Electric Lustre Starch, a Boston preparation, which leaves the household linen in the best possible shape, after the skillful laundress has put the impress of her handiwork upon it. "The Rest" are all the other starches, which you want to give the go-by, while you give the Electric Lustre the go-by. It is put up in the neatest of blue packages, it requires no cooking, it may be used with or without boiling, and it makes every garment look like new. It saves time, labor and trouble, does not stick to the iron, produces the finest results, and is unequalled for fine fabrics. We dare say no grocer is without it on his counter, but if you happen to find your grocer out of it, make him get it for you. Our Practical Cook has had many a bad quarter of an hour on a Tuesday over her clear-starching, but the Electric Lustre has put an end to all that, and she gladly endorses it as the smoother of many difficulties. To prepare it:

"Mix the quantity of starch required in a little cold water, and when it is thoroughly mixed pour on boiling water until it becomes clear; then it is ready for use."

Our forefathers made potato starch, and even now in the backwoods districts this industry furnishes a market for potatoes. But the crudeness of the country-made starch cannot compare with the greater results of science, which has given the household "The Best" to compare with "the Rest."

## Miscellaneous.



**T**HERE is as much need of a "catch-all" in a cook book, as Mrs. Lincoln says there is in the kitchen. There are always some recipes which are not readily classified, and others turn up too late to get into their proper place. This we consider the most interesting department of all. It embraces rules and dishes which will be of much value to the household, and which are somewhat out of the common run. We suggest to our readers to try them, one by one, and see if there is not much entertainment in the preparation, as well as refreshment in the eating, of the dishes described. There is little use, in this department, to attempt anything like system in arrangement.

### **Bread Griddle Cakes.**

Soak a pint and a half of stale bread in a pint of milk ten or twelve hours. Keep the mixture in a warm place where it will sour slightly, then rub through a sieve, and add one teaspoon salt, two tablespoons sugar, half a pint of flour and a slight grating of nutmeg. Dissolve a teaspoon of soda

in one half a gill of milk, add this liquid, and two well beaten eggs, and fry.

### **Oyster Cocktail.**

This is not a beverage. It is an easy way of serving raw oysters. A fourth of a teaspoon each of horse radish, Worcestershire sauce and tomato ketchup, a teaspoon of vinegar, a little salt, two dashes of Tabasco sauce, and eight small or medium oysters. This is the rule for one person.

### **Aspic Jelly.**

Into one quart of stock, from which the fat has been removed, put three-fourths of a box of dissolved gelatine, a blade of mace, a bunch of herbs, six cloves, one-half teaspoon of salt, one teaspoon pepper corns, one tablespoon tarragon vinegar, one tablespoon of onion juice, the rind and juice of one lemon, the beaten whites and shells of three eggs. Put all on the stove, and bring to a boil, then simmer five minutes. Let it stand covered for fifteen minutes; then add the wine, and strain through a jelly bag two or three times. Harden on ice.

### **Croquette Sauce.**

The croquette depends for its success on its outside crust and inside consistency. The former should be delicate, and yet strong enough to keep in shape; and the latter, when the croquette is hot, should melt into a semi-liquid. The croquette mixture should be finely chopped, and made of the best of material—chicken, game, sweetbreads, veal or lamb. Rice or mushrooms may be added, and it should be mixed with a white sauce, somewhat jellied when cold, so that it will almost



liquify when heated. This is the way to make it: Mix two even tablespoons of flour with one of melted butter, and add three half pints of rich jellied white stock. Season with a bit of thyme, celery, parsley, two cloves, six peppers, and sufficient salt. Add a cup of thinner white stock, and let the whole simmer slowly for an hour. Strain through a fine sieve, and put away to cool.

### **The Croquettes.**

Take a pint and a half of the mince meat of any sort proper for croquettes, and mix thoroughly with a cup of the melted sauce. Season with salt and pepper, and having stirred a few minutes over the fire, add two tablespoons of cream and the beaten yolks of three eggs. Form the croquettes in any shape and size preferred, brush with egg, roll in fine bread crumbs, and fry in a basket, immersed in hot fat, until they are a delicate brown.

### **Halibut, Creole Style.**

Take a slice of halibut a little more than half an inch thick, spread over it a layer of bread or cracker crumbs, a layer of stewed tomatoes, a tablespoon of finely chopped onions, bits of butter, salt and pepper. Bake in a hot oven for a half hour, or until well done.

### **Sweetbread and Mushrooms.**

Parboil the sweetbread, remove the membrane, and then dice. Dice an equal quantity of mushrooms, and cook with the sweetbread for three minutes, in a sauce made of a tablespoon of butter, two even tablespoons of flour, and one and one-

fourth cups milk. Season with salt and pepper. This is nice for the chafing dish.

#### **Chicken Truffles.**

Chop the raw meat of a four-pound chicken very fine, add four well beaten eggs, one at a time, with a third of a pint of thick cream, and salt and pepper to taste. Cook in buttered timbale molds, garnished with truffles, and set in a pan of hot water in a slow oven. Cover with buttered paper. Bake half an hour. Serve with this sauce: Two tablespoons each of butter and flour, a cup of chicken stock or milk, turned on to the broken yolks of three eggs.

#### **Halibut Timbales.**

A pound and a half of halibut, boiled and put through a sieve. Whites of four eggs, beaten stiff, one-half cup thick cream whipped, one-half teaspoon salt, two teaspoons lemon juice, and a pinch of cayenne pepper. Bake in timbale molds in a pan of hot water for twenty minutes. Serve with Hollandaise sauce.

#### **Tomato Preserve.**

Slice green tomatoes and allow three-fourths of a pound of sugar to one pound, and one lemon to three pounds, of the fruit. Cut the lemon in slices, and put between layers of tomatoes. Add a little ginger root. Cook until thick.

#### **Lizzie's Ham Croquettes.**

One cup finely chopped boiled ham, one cup bread crumbs, two cups hot mashed potato, one large tablespoon of butter, three eggs, and a speck of cayenne pepper. Beat ham, butter, pepper and

two eggs into the potato. Let the mixture cool slightly, then shape into croquettes. Roll in bread crumbs, dip in the third egg beaten, then in crumbs. Put into frying basket, and plunge into boiling fat. Cook two minutes.

#### **Annie's Piccalilli.**

One bushel of green tomatoes, two cups of salt. Slice the tomatoes, and put a sprinkling of salt to each layer of brine. Let them stand over night. In the morning drain off the liquid, chop rather fine, then add fourteen onions and eight green peppers chopped, two cups of sugar, one-half pint of mustard seed, four ounces of mixed spices in a bag. Cover with vinegar, and cook until tender.

#### **Broiled Round Steak.**

Take a slice of the upper part of the round an inch and a half thick. The beef should have been hung a week or more to become tender. Cut this slice into strips four inches long and two inches wide. Brush with melted butter, seasoned with salt and pepper, and broil quickly over a hot fire in a double broiler. Serve on a hot platter, with more melted butter and seasoning.

#### **Escalloped Oysters and Macaroni.**

Macaroni may be used instead of crackers or bread crumbs in escalloping oysters. It should be boiled soft, and a layer put at the bottom, then a layer of oysters and seasoning, and so on until the dish is full.

#### **Grape Marmalade.**

The uses of grapes multiply year by year. To make marmalade, add two cups of sugar to five

cups of pulp, squeezed through a colander, and cook until it jellies. It should be sealed in small glass jars.

### **French Rabbit.**

Butter an earthen dish, and place in the bottom a layer of buttered bread, then a layer of thinly cut cheese, suitable for a rabbit, and alternate layers of buttered bread and cheese until the dish is full, having cheese on the top. Turn over this two cups of milk into which two eggs have been beaten. Bake twenty minutes. This is less work than to make the ordinary Welsh rabbit, and it may be seasoned with beer, mustard, and Worcestershire, if desired.

### **Clam Pie.**

Chop slightly a quart of clams, and boil in their own juice, saved when shucking them. Add a little water, if needed. Line a baking dish with a rich paste, and place an inverted small teacup in the centre, putting around it a layer of clams, then a layer of small cubes of boiled potato, seasoning with salt and pepper, and a little onion juice, if liked. Fill the dish with alternate layers of clams and potato, add the clam juice, cover with a thin crust and bake in a quick oven.

### **Chicken Shortcake or Toast.**

Stew chicken and make a cream sauce to go with it, well seasoned. Bake a nice shortcake in squares, and pour the chicken and gravy over them, while hot. Slices of buttered toast may take the place of the shortcake.

**Escalloped Ham and Eggs.**

Boil six eggs ten minutes. Make a thickening of two tablespoons of flour cooked in two tablespoons of melted butter, and boil it into a pint of milk until thick, and season with salt and pepper. Cut a cup of cold boiled ham into dice, and moisten half a cup of cracker crumbs in melted butter. Chop the whites of the eggs fine, sprinkle some crumbs in a buttered dish, then some of the ham, chopped whites, thickened milk and sifted yolks. Then the rest of the ham, whites and milk, cover with buttered crumbs, and bake till browned.

**Cheese Souffle.**

This is a modified rabbit, and is a delicious tea or luncheon dish. Put two tablespoons of butter into a saucepan, add one heaping tablespoon of flour and stir until smooth. Then add one-half cup of milk, a little salt and a few grains of cayenne; cook two minutes and then add the yolks of three eggs, well beaten, and one cup of grated cheese. Set away to cool, and when cold add the whites beaten to a stiff froth. Turn into a buttered dish and bake twenty-five or thirty minutes. It will rise quite high and so it is necessary to get it to the table as soon as possible and serve at once.

**Shaker Fish and Egg.**

I once attended a country fair where some Shaker sisters from Canterbury, N. H., served a dish to which we gave the above name. It was a toothsome and taking dish, and I begged the rule, which the Sister cheerfully gave me: For twelve persons take two cups of finely shredded codfish. Boil ten smallish potatoes, and cut them in rather

thick slices. Bring to a boil a pint of milk, and thicken with flour to consistency of cream. Put in the fish while the sauce is boiling hot, add two cups of cream, and then put in the slices of potato. Boil ten eggs four minutes, and cut into thick slices. Put four of the eggs into the mixture, which season with black pepper, and put in a piece of butter the size of an egg. When ready to serve, turn into a shallow dish, and add the other eggs cut in slices.

#### **Baked Lobster.**

The orthodox thing is to serve this in lobster shells, in which it is baked. But that is not essential, and if you use canned lobster, which serves very well, you will not have a shell convenient, and can use a baking dish. Take a medium sized cup of the lobster meat, and put with it the yolks of two hard-boiled eggs, rubbed to a paste, a half tablespoon chopped parsley, and a teacup of thick white sauce. Season with cayenne, salt, a little vinegar, and a dust of nutmeg. These ingredients should all be well mixed, and covered with a layer of dried bread crumbs moistened with butter, and baked brown in a steady oven.

#### **Cottage Cheese.**

Says a newspaper correspondent, under date of September, 1897: "At the dinner given by the ladies of the town of Isle la Motte, on the island of that name in Lake Champlain, on the 6th of this month, to the Vermont Fish and Game League, at which dinner President McKinley and Secretary of War Alger were guests, I noticed on every table nice little cottage cheeses, about as large as a big

apple, and most delicious, as I made certain as soon as dinner began. I do not see why some enterprising dairyman near every large city does not start the cottage cheese business. It would not be an expensive experiment, and there might be money in it. In New York, New Jersey, Washington and other markets, one can buy this cheese, or its congener, "smearcase," and it is a very much appreciated article. The common Neufchatel cheese is a substitute for it, but many like the domestic cheese much better.

**COTTAGE CHEESE No. 1.**—A quart of thick sour milk, a teaspoon of butter, a saltspoon of salt, and a tablespoon of cream. Scald the milk until the curd separates, then strain through a cloth, letting it drain until quite dry. Mix with the butter, cream, and salt in a smooth paste, and make into balls.


**COTTAGE CHEESE No. 2.**—Take a quantity of clabbered milk and heat it until the curd separates, pour into a coarse bag, and hang in a cool place to drain until the whey ceases to run. Then turn from the bag, cut up with a knife, and salt to taste, adding a little cream if desired to enrich it. Some put in pepper, but as many do not like that, it is best to omit it. There are various seasonings used by some, such as sugar, nutmeg or sage.

**COTTAGE CHEESE No. 3.**—Take not less than a quart of thick sour milk. Lay a strainer cloth into the dish drainer or a colander, and turn the milk into it. Then pour on a pint or so of boiling water, and gather in the corners of the strainer cloth so as to work out the water and the whey.

The hot water will sufficiently harden the curd, and when drained it should be salted, and mixed with a little cream, and molded, or pressed in the cloth into a round flat cake. Care must be taken not to cook too much, as it will be tough and leathery.

### **Economy in the Kitchen.**

Many remnants from the table which might be made over into appetizing dishes are thoughtlessly thrown away. The only book we know of, published especially in the interests of the kitchen economy, is our little book entitled "Left Overs," prepared by the author of "Good Bread" and "Good Pie." It tells how to rearrange for the table the remnants, and gives very valuable hints about cookery and economy in cooking. The ordinary cook books generally neglect to consider the economies of the kitchen, and this little book fills a long felt want. We send it for a two-cent stamp.





# Index.

## Soups.

Soup . . . . .	7	Green Peas and Tomato	
Bean Soup . . . . .	17	Soup . . . . .	16
Beef Jelly for Invalids . . . . .	19	Hulled Corn Soup . . . . .	18
Beef Tea . . . . .	22	Julienne . . . . .	10
Black Bean Soup . . . . .	17	Lobster Soup with Milk . . . . .	20
Bouillon . . . . .	10	Mock Bisque Soup . . . . .	14
Bread Soup . . . . .	23	Mock Turtle Soup, No. 1, . . . . .	11
Chicken or Mutton Broth . . . . .	13	Mock Turtle Soup, No. 2. . . . .	12
Consomme . . . . .	10	Mulligatawney Soup . . . . .	22
Consomme Royal . . . . .	10	Ox-Tail Soup . . . . .	11
Corned Beef Soup . . . . .	12	Poor Man's Soup . . . . .	23
Corn Soup . . . . .	17	Potato Pot . . . . .	22
Cream of Celery Soup . . . . .	18	Puree of Green Peas . . . . .	16
Cream of Celery with Stock . . . . .	19	Soup Stock, Brown . . . . .	8
Cream of Rice Soup . . . . .	19	Soup Stock, White . . . . .	9
Cucumber Soup . . . . .	20	Split Pea Soup . . . . .	14
Duchess Soup . . . . .	21	Tomato Soup . . . . .	13
Giblet Soup . . . . .	23	Vegetable Soup . . . . .	14
Green Pea Soup, No. 1, . . . . .	15	Victoria's Soup . . . . .	21
Green Pea Soup, No. 2, . . . . .	16	White Almond Soup . . . . .	21

## Fish.

Fish . . . . .	27	Court Bouillon . . . . .	37
A Pilot Boat Fry . . . . .	40	Finnan Haddie, Broiled . . . . .	34
A Salt Fish Dinner . . . . .	39	Fish a la Creme . . . . .	34
Baked Salmon Fish Balls . . . . .	42	Fish au Gratin . . . . .	36
Brook Trout . . . . .	38	Fish, Baked . . . . .	35
Clam Chowder, No. 1. . . . .	29	Fish, Broiled . . . . .	35
Clam Chowder, No. 2. . . . .	29	Fish Chowder . . . . .	28
Codfish Balls, No. 1. . . . .	42	Fish, Devilled . . . . .	39
Codfish Balls, No. 2. . . . .	42	Fish, Fried . . . . .	35

Fish Fricassee . . . . .	41	Macaroni with Codfish . . . . .	40
Fish, Planked . . . . .	40	Oysters, Broiled . . . . .	31
Fish Souffle . . . . .	41	Oysters, Creamed . . . . .	29
Fish Timbales . . . . .	38	Oysters, Escalloped . . . . .	31
Fish Toast . . . . .	39	Oysters Fricassee . . . . .	30
Halibut, Baked . . . . .	37	Oysters, Fried . . . . .	30
Halibut, Broiled . . . . .	37	Oyster Pie . . . . .	31
How to Cook Fresh Mack- erel . . . . .	41	Oyster Purses . . . . .	30
Lobster a la Newberg . . . . .	34	Oyster Stew, No. 1, . . . . .	28
Lobster Cutlets . . . . .	33	Oyster Stew, No. 2, . . . . .	28
Lobster, Escalloped. . . . .	33	Salt Codfish in Cream . . . . .	43
Lobster, Plain . . . . .	32	Salt Fish Chowder . . . . .	42
Lobster, Stewed . . . . .	33	Shad, Broiled . . . . .	36
		"Tom Alley" Sauce . . . . .	33

**Beef.**

Beef . . . . .	47	Broiled Steak . . . . .	49
Any Meat Pie . . . . .	63	Dried Beef in Cream . . . . .	57
Beef a la Casserole . . . . .	56	Fillet of Beef . . . . .	52
Beef a la Flamade . . . . .	54	Fried Pickled Tripe . . . . .	58
Beef a la Mode No. 1 . . . . .	53	Frizzled Beef . . . . .	57
Beef a la Mode No. 2 . . . . .	53	Hamburg Steak . . . . .	51
Beef, Braised . . . . .	64	Hashed Steak on Toast . . . . .	61
Beef Cakes Fried . . . . .	62	New England Boiled Din- ner . . . . .	60
Beef Hash . . . . .	61	Oven Steak . . . . .	56
Beef Heart Corned . . . . .	60	Ox Tongue, Broiled . . . . .	63
Beef's Heart . . . . .	56	Ox Tongue, Roasted . . . . .	63
Beef Kidney Fried . . . . .	64	Pot Roast . . . . .	56
Beef Kidney Stewed . . . . .	64	Roast Beef with Yorkshire Pudding . . . . .	51
Beef Liver . . . . .	62	Salmi of Beef . . . . .	64
Beef Mould . . . . .	58	Stewed Steak . . . . .	55
Beef Pressed . . . . .	57	Stuffed Fillet . . . . .	52
Beef Rissoles . . . . .	61	The Care of Beef . . . . .	48
Beefsteak Pie . . . . .	62	To Boil Corned Beef . . . . .	53
Beef Stew . . . . .	55	To Corn Beef . . . . .	59
Beef Stew with Dumplings . . . . .	54	Vegetable Hash . . . . .	61
Beefsteak Smothered with Onions . . . . .	50	Yorkshire Pudding . . . . .	52
Beefsteak with Olives or Mushrooms . . . . .	50		

**Veal.**

About Veal . . . . .	69	Veal, Fricassee . . . . .	73
Calf's Head and Pluck . . . . .	72	Veal Loaf . . . . .	74
Calf's Liver . . . . .	75	Veal Pie . . . . .	71
Minced Veal on Toast . . . . .	73	Veal Pot Pie . . . . .	74
Sweetbreads . . . . .	72	Veal Roast . . . . .	70
Veal Croquettes . . . . .	73	Veal Stew . . . . .	71
Veal Cutlets . . . . .	70	Veal Terrapin . . . . .	74

**Mutton and Lamb.**

Mutton and Lamb . . . . .	79	Minced Mutton or Lamb on Toast . . . . .	82
Baked Leg of Mutton . . . . .	80	Mutton, Frizzled . . . . .	82
Lamb or Mutton Chops or Cutlets . . . . .	80	Mutton Pie with Tomatoes . . . . .	80
Lamb or Mutton Fricassee . . . . .	82	Pickled Lambs' Tongues . . . . .	82
Mutton, Broiled . . . . .	80	Roast Mutton or Lamb . . . . .	81

**Pork.**

Pork . . . . .	85	Pork Chops . . . . .	86
Bacon . . . . .	87	Pork Chops with Apple . . . . .	86
Breakfast Sausage for Four . . . . .	94	Roast Pig . . . . .	87
Ham and Eggs . . . . .	94	Roast Pork . . . . .	86
Ham Baked in Cider . . . . .	89	Salt Pork Baked . . . . .	90
Ham Fried or Broiled . . . . .	93	Salt Pork Fried . . . . .	89
Ham Smothered . . . . .	87	Salt Pork Fried with Milk Gravy . . . . .	90
Ham Toast . . . . .	94	Sausages . . . . .	92
Head Cheese . . . . .	91	Scrapple . . . . .	91
How to Boil a Ham . . . . .	88	Souse . . . . .	91
Pigs' Feet . . . . .	92		

**Poultry and Game.**

Poultry . . . . .	97	Chicken, Escalloped . . . . .	112
Brown Fricassee . . . . .	107	Chicken, Fried . . . . .	104
Chicken, Blanquette of . . . . .	110	Chicken Jellied . . . . .	109
Chicken, Broiled No. 1 . . . . .	104	Chicken Jelly . . . . .	110
Chicken, Broiled No. 2 . . . . .	104	Chicken a la Maryland . . . . .	105
Chicken, Creamed . . . . .	108	Chicken a la Newberg . . . . .	112
Chicken, Curry of . . . . .	111	Chicken Patties . . . . .	111

Chicken Pie . . . . .	109	Grilled Bones . . . . .	112
Chicken Pilau . . . . .	111	Grouse, Larded . . . . .	113
Chicken, Roast . . . . .	101	Pigeon, Potted . . . . .	114
Chicken or Fowl, Stewed	105	Poultry Points . . . . .	116
Chicken Sweetbread Cro-		Quail on Toast . . . . .	114
quettes . . . . .	108	Rabbit, Fricassee . . . . .	115
Chicken Terrapin . . . . .	110	Rabbit, Roast . . . . .	114
Duck, Roast . . . . .	113	Salmi of Game . . . . .	115
Fancy Fricassee . . . . .	107	Turkey, Boiled . . . . .	102
Fowl, Boiled . . . . .	103	Turkey or Chicken,	
Fowl, Braised . . . . .	103	Boned . . . . .	101
Game Pie . . . . .	115	Turkey or Chicken, Plain	
Giblets, The . . . . .	106	Pressed . . . . .	101
Giblet Pie . . . . .	107	Turkey, Roast . . . . .	99
Giblet Stew . . . . .	106	Turkey, Stuffing for . . . . .	100
Goose Pudding . . . . .	113	Venison . . . . .	116
Goose, Roast . . . . .	113	Venison Steaks . . . . .	116

### Sauces.

Sauces . . . . .	119	Lobster Sauce . . . . .	120
A Good White Sauce . . . . .	123	Maitre d' Hotel Butter . . . . .	127
Asparagus Sauce . . . . .	120	Mint Sauce . . . . .	122
Bechamel Sauce . . . . .	122	Mushroom Sauce . . . . .	121
Brown Sauce . . . . .	121	Mustard . . . . .	128
Caper Sauce . . . . .	122	Olive Sauce . . . . .	121
Celery Sauce . . . . .	120	Oyster Sauce . . . . .	121
Chestnut Sauce . . . . .	127	Parsley Sauce . . . . .	120
Chili Sauce . . . . .	128	Piquante Sauce . . . . .	127
Cucumber Sauce . . . . .	125	Roux . . . . .	122
Currant Jelly Sauce . . . . .	121	Tartar Sauce . . . . .	126
Drawn Butter Sauce . . . . .	119	Tartare, Sauce . . . . .	127
Egg Sauce . . . . .	120	Tomato Ketchup, No. 1 . . . . .	124
Fancy Tomato Sauce . . . . .	126	Tomato Ketchup, No. 2 . . . . .	124
Hollandaise Sauce, No. 1 . . . . .	123	Tomato Ketchup, Raw . . . . .	125
Hollandaise Sauce, No. 2 . . . . .	123	Tomato Sauce . . . . .	126
Hoffman House Holland-			
aise Sauce . . . . .	124		

### Vegetables.

Vegetables . . . . .	131	Beans, Baked . . . . .	142
Asparagus . . . . .	138	Beans, Shell . . . . .	128

Beans, String . . . . .	138	Potatoes, French Fried . .	136
Beets, Buttered . . . . .	143	Potatoes, Fried Sweet . .	137
Cabbage . . . . .	143	Potatoes, Grilled . . . .	133
Cabbage, Cream . . . . .	144	Potatoes, Hashed Brown .	133
Carrots, Creamed . . . . .	139	Potatoes, Hollandaise . .	134
Chips, Saratoga . . . . .	135	Potatoes in the Shell . .	133
Corn, Baked Green . . . . .	141	Potatoes, Lyonnaise . . .	133
Corn, Green . . . . .	141	Potato, Mashed . . . . .	132
Corn, Stewed Green . . . .	141	Potatoes, Russian . . . .	135
Cauliflower . . . . .	144	Potatoes, Soft Fried . . .	136
Egg Plant . . . . .	145	Potatoes, Stewed . . . .	133
Greens . . . . .	137	Potatoes, Sweet . . . . .	136
Macaroni and Spaghetti . .	146	Rice . . . . .	145
Mushrooms, Stewed and Boiled . . . . .	144	Spinach . . . . .	137
Onions, Boiled . . . . .	140	Spinach, Minced . . . . .	137
Parsnips . . . . .	139	Squash, Baked . . . . .	143
Peas . . . . .	138	Squash, Summer . . . . .	143
Potatoes, Baked . . . . .	132	Squash, Winter . . . . .	143
Potatoes, Boiled . . . . .	131	Succotash . . . . .	142
Potato Cakes . . . . .	132	Tomatoes and Corn Es- calloped . . . . .	141
Potato Casserole . . . . .	134	Tomatoes, Escalloped . .	140
Potatoes, Delmonico . . . .	135	Tomatoes, Panned . . . .	140
Potatoes, Franconia . . . .	134	Turnips . . . . .	139

**Salads.**

Salads . . . . .	149	Salad, Fruit . . . . .	158
Salad, Asparagus . . . . .	157	Salad, Grape . . . . .	158
Salad, Cabbage . . . . .	156	Salad, Lettuce . . . . .	154
Salad, Chicken, No. 1. . . .	151	Salad, Lobster . . . . .	152
Salad, Chicken with Cu- cumbers . . . . .	152	Salad, Macedoine . . . .	157
Salad, Crab . . . . .	153	Salad, Oyster . . . . .	153
Salad, Cream Cheese . . . .	159	Salad, Potato . . . . .	155
Salad, Cucumber . . . . .	157	Salad, German Potato . .	155
Salad, Cucumber and To- mato . . . . .	156	Salad, Salmon . . . . .	153
Salad Dressings . . . . .	149-151	Salad, Sardine . . . . .	153
Salad, Egg . . . . .	154	Salad, Sweetbread . . . .	152
Salad, Egg with Lettuce . .	154	Salad, Tomato . . . . .	154
		Slaw, Cold . . . . .	156
		Slaw, Hot . . . . .	156

**Eggs.**

Eggs . . . . .	163	Eggs, Shirred . . . . .	167
Eggs, a la Benedict . . . . .	169	Eggs, Stuffed . . . . .	167
Eggs, Creamed . . . . .	168	Eggs, Sur le Plat . . . . .	168
Egg Cream Toast . . . . .	168	Eggs, Vermicelli . . . . .	169
Eggs, Curried . . . . .	169	Eggs, with Maple Syrup . . . . .	170
Eggs, Deviled . . . . .	167	Omelet . . . . .	165
Eggs, D r o p p e d o r Poached . . . . .	164	Omelet, Baked . . . . .	166
Eggs, Escalloped . . . . .	167	Omelet, Pineapple . . . . .	166
Eggs, Hash with . . . . .	169	Omelet, Potato . . . . .	166
Eggs, Scrambled . . . . .	164	Ox Eyes . . . . .	170

**Bread.**

Bread . . . . .	173	Brewis . . . . .	192
Biscuit, Little Tea . . . . .	185	Cake, Blueberry . . . . .	186
Biscuit, Picnic . . . . .	187	Cake, Corn . . . . .	189
Biscuit, Pin-Wheel . . . . .	186	Cakes, German Coffee . . . . .	191
Biscuit, Sour Milk . . . . .	185	Cakes, Rye . . . . .	186
Bread, Boston Brown* . . . . .	183	Cake, Spider Corn . . . . .	188
Bread, Brown . . . . .	183	March Meeting Loaf . . . . .	181
Bread, Danvers Oatmeal . . . . .	184	Muffins, Corn Meal with Sweet Apples . . . . .	187
Bread, English Christmas . . . . .	180	Muffins, Delicate . . . . .	191
Bread, Five-Hour . . . . .	177	Muffins, Rye . . . . .	190
Bread, Fried . . . . .	182	Pop Overs . . . . .	191
Bread, Graham . . . . .	184	Puffs, Vienna . . . . .	187
Bread, Lena's Brown . . . . .	183	Rolls, Parker House . . . . .	177
Bread, Milk . . . . .	176	Rusk . . . . .	181
Bread, Milk Yeast . . . . .	179	Rusks, Fabyan . . . . .	182
Bread, Pulled . . . . .	188	Sally Lunns . . . . .	185
Bread, Raisin . . . . .	180	Toast . . . . .	189
Bread, "Salt Rising" . . . . .	178	Toast, French . . . . .	190
Bread, Sour-Milk Brown . . . . .	184	Toast, Royal Cream . . . . .	190
Bread Sticks . . . . .	182	Yeast . . . . .	174-176
Bread, Water . . . . .	177		

**Fried Cakes, Fritters, etc.**

Fried Cakes, Fritters, etc. . . . .	196	Crullers . . . . .	202
Cakes, Buckwheat . . . . .	201	Doughnuts . . . . .	201
Cakes, Griddle . . . . .	200	Doughnuts, Raised . . . . .	202

Drop Cake, Fried . . .	200	Fritters, Sponge . . .	197
Fritters, Any Fruit . . .	197	Pancakes, Corn . . .	199
Fritters, Banana . . .	197	Pancakes, French . . .	200
Fritters, Celery . . .	198	Waffles . . . . .	199
Fritters, Corn . . .	199	Waffles, Rice . . . . .	199
Fritters, Raised . . .	196		

**Sandwiches.**

Sandwiches . . . . .	206	Sandwiches, Lettuce . . .	208
Sandwich, Celery Cheese .	210	Sandwiches, Nasturtium .	210
Sandwiches, Cheese and Olive . . . . .	210	Sandwiches, Olive . . .	209
Sandwich, Chicken . . .	207	Sandwiches, Omelet . . .	211
Sandwich, Chicken Jelly .	211	Sandwiches, Pate de fole Gras . . . . .	209
Sandwiches, Cucumber .	208	Sandwiches, Peanut . . .	209
Sandwiches, Date . . .	210	Sandwiches, Salad . . .	209
Sandwich, Deviled Egg .	207	Sandwiches, Salmon . . .	207
Sandwiches, Egg . . .	208	Sandwiches, Sardine . . .	208
Sandwiches, Egg and Cheese . . . . .	207	Sandwiches, Walnut . . .	209

**Puddings and Sauces.**

Puddings and Sauces . . .	214	Pudding, Bread and Prune . . . . .	222
Dumplings, Strawberry .	218	Pudding, Chocolate, No. 1, . . . . .	225
Fruit Tapioca . . . . .	223	Pudding, Chocolate, No. 2, . . . . .	226
Pineapple with Rice . . .	224	Pudding, Christmas . . .	227
Pudding, a Modern Indian . . . . .	215	Pudding, Cocoonut . . .	224
Pudding, a Nice Cracker .	222	Pudding, Corn Starch . .	219
Pudding, a la Waldorf . .	221	Pudding, Cottage . . .	223
Pudding, Another Fig . . .	221	Pudding, Cranberry . . .	221
Pudding, Aunt Jane's Bread . . . . .	223	Pudding, Dainty Indian .	214
Pudding, Banana . . . . .	220	Pudding, Georgie's Christmas . . . . .	227
Pudding, Batter Fruit . . .	227	Pudding, Gooseberry . . .	217
Pudding, Berry . . . . .	216	Pudding, Grandmother's Indian . . . . .	215
Pudding, Bird's Nest . . .	225	Pudding, Orange . . . . .	219
Pudding, Boiled Gooseberry . . . . .	217	Pudding, Peach Batter . .	219
Pudding, Boiled Indian . .	216	Puddings, Queen of . . .	226
Pudding, Cherry Cup . . .	217		

Pudding, Raspberry . . .	222	Sauce, Butter . . . . .	229
Pudding, Soda Cracker . .	222	Sauce, Creamery . . . .	230
Pudding, Steamed Cherry .	216	Sauce, Egg . . . . .	228
Pudding, Steamed Fig . . .	220	Sauce, Foamy . . . . .	229
Pudding, Sweet Chocolate . . . . .	225	Sauce, Hard . . . . .	229
Pudding, Taffy Tapioca . .	224	Sauce, Lemon . . . . .	229
Sauce, a Nice Pudding . . .	229	Sauce, Vinegar . . . . .	228
Sauce, Beacon Street . . .	228	Sauce, Wine . . . . .	228

**Pastry.**

Pastry . . . . .	234	Pie, Cranberry . . . . .	237
Apple Dessert, A Delicious . . . . .	243	Pie, Lemon, No. 1, . . . .	235
Cake or Fancy Pie, Filling for . . . . .	242	Pie, Lemon, No. 2, . . . .	236
Cheese Sticks . . . . .	243	Pie, Mince . . . . .	240
Pandowdy . . . . .	238	Pie, Mock Lemon . . . . .	236
Paste, Plain . . . . .	235	Pie, Old-Fashioned Custard . . . . .	237
Paste, Puff . . . . .	234	Pie, Pineapple Custard . .	238
Patties . . . . .	235	Pie, Pumpkin . . . . .	240
Pie, Apple . . . . .	237	Pie, Quick Pastry for Lemon . . . . .	236
Pie, Apple Custard . . . .	238	Pie, Rhubarb . . . . .	239
Pie, Banana . . . . .	242	Pie, Squash . . . . .	240
Pie, Berry . . . . .	237	Pie, Virginia Mince . . . .	241
Pie, Cherry . . . . .	239	Rolls, Deviled Ham . . . .	243
Pie, Choice Mince . . . . .	241	Tarts, Banbury . . . . .	242

**Desserts.**

Desserts . . . . .	247	Cream, Tapioca . . . . .	262
A Ginger Dessert . . . . .	259	Cream, Whipped . . . . .	249
Bananas a la Citrona . . .	257	Custard, Boiled . . . . .	262
Blanc Mange, Fruit . . . .	255	Custard, Caramel . . . . .	260
Blanc Mange, Oatmeal . . .	255	Custard, Cup . . . . .	263
Charlotte Russe . . . . .	250	Custard, Lemon . . . . .	261
Cream, Bavarian . . . . .	251	Float, Raspberry . . . . .	252
Creams, Bavarian Fruit . .	251	Float, Strawberry . . . . .	252
Cream, Pineapple . . . . .	257	Flummery, Blackberry . . .	258
Cream, Roman . . . . .	261	Foam, Peach . . . . .	259
Cream, Spanish . . . . .	253	Frosted Currants . . . . .	260



Gelatine . . . . .	247	Pudding, Cold Cabinet . . . . .	255
Gelatine, Strawberry . . . . .	249	Pudding, Royal Diplo-	
Jelly, Apricot . . . . .	248	matic . . . . .	253
Jelly, Coffee . . . . .	248	Pudding, Topsy . . . . .	263
Jelly, Orange or Lemon . . . . .	249	Sago, Red Currant . . . . .	256
Jelly Rolls, How to Serve . . . . .	256	Sarabande, Strawberry . . . . .	252
Jelly, Wine . . . . .	249	Sponge, Strawberry . . . . .	251
Jellied Apples . . . . .	258	Tapioca, Strawberry . . . . .	252
Pineapple Dessert . . . . .	261	Trifle, Peach . . . . .	257
Prune Whip . . . . .	250	Trifles, Fairy . . . . .	260

**Ice Cream.**

Ice Cream . . . . .	265	Granite, Raspberry . . . . .	267
Frappe, Coffee . . . . .	268	Mousse, Strawberry . . . . .	269
Frozen Lemons . . . . .	269	Sherbet, Canton . . . . .	268
Frozen Macedoine . . . . .	269	Sherbet, Grape . . . . .	268
Frozen Pudding . . . . .	266	Sherbet, Milk . . . . .	267
Frozen Rice Pudding . . . . .	268	Sherbet, Strawberry . . . . .	267

**Cake.**

Cake . . . . .	271	Cake, Hickory Nut . . . . .	278
Cake, Angel . . . . .	271	Cake, Lemon Jelly . . . . .	277
Cake, Apple Cream . . . . .	282	Cake, Nut . . . . .	278
Cake, Aunt Eliza's Fruit . . . . .	280	Cake, Orange . . . . .	277
Cake, Black Fruit . . . . .	279	Cake, Pineapple . . . . .	284
Cakes, Buttercup . . . . .	281	Cake, Plain Chocolate . . . . .	274
Cake, Buttermilk . . . . .	273	Cake, Pound . . . . .	273
Cake, Butternut . . . . .	279	Cake, Ribbon . . . . .	275
Cake, Caramel . . . . .	276	Cake, Scripture . . . . .	280
Cake, Chocolate Layer . . . . .	274	Cake, Silver . . . . .	273
Cakes, Cinnamon . . . . .	282	Cake, Sponge . . . . .	272
Cake, Cocoa Leopard . . . . .	275	Cakes, Shrewsbury . . . . .	290
Cake, Cold Water . . . . .	279	Cake, Wedding . . . . .	280
Cake, Cream Sponge . . . . .	272	Cookies . . . . .	288
Cake, Dark Chocolate . . . . .	275	Cookies, Boston . . . . .	288
Cake, Date . . . . .	279	Cookies, Caraway . . . . .	289
Cake, Dutch Apple . . . . .	283	Cookies, Cocoanut . . . . .	288
Cake, Feather . . . . .	272	Frosting, Points on . . . . .	289
Cake, Gold . . . . .	272	Ginger Bread, Rich . . . . .	283

Hermits . . . . .	289	Roll, Jelly . . . . .	276
Jumbles, Almond . . . .	288	Shortcakes, Baby . . . .	285
Macaroons . . . . .	290	Shortcake, Modern	
Macaroons, Hickory Nut	290	Strawberry . . . . .	285
Pie, Cream . . . . .	283	Shortcake, Real Straw-	
Puffs, Cream . . . . .	281	berry . . . . .	284
Puffs, Jelly Cream . . . .	282	Wafers, Vanilla . . . . .	289

### Beverages.

Beverages . . . . .	293	Coffee, A Good Cup of . .	295
Blackberry Cordial . . . .	297	Shrub, Currant . . . . .	297
Cafe-Chocolate . . . . .	296	Shrub, Raspberry . . . .	296
Chocolate . . . . .	296	Tea . . . . .	296
Coffee . . . . .	293		

### Preserves, Jellies, Pickles, Etc.

Preserves, Jellies, Pickles		Marmalade, Orange . . . .	301
Etc. . . . .	299	Marmalade, Pineapple . .	301
Apple Compote in Jelly . .	309	Piccalilli . . . . .	306
Apple Sauce, Mrs. Horn's	310	Pickles, Cucumber . . . .	305
Canned Blackberries		Pickled Peaches . . . . .	305
without Sugar. . . . .	300	Pickled or Spiced Pears	305
Canned Fruit . . . . .	299	Pickle, Sweet Cucumber	307
Chili Sauce . . . . .	307	Pickle, Watermelon Rind	307
Fruit Seasoning . . . . .	309	Pickled Tomatoes No. 1.	306
Jam, Blackberry . . . . .	308	Pickled Tomatoes No. 2.	306
Jam, Orange and Rhubarb	308	Preserved Pears . . . . .	300
Jelly, Apple . . . . .	304	Sauce, Cranberry . . . . .	308
Jelly, Blackberry . . . . .	303	Sauce, Pineapple . . . . .	309
Jelly, Currant . . . . .	302	Spiced Currants . . . . .	304
Jelly, Gooseberry . . . . .	303	Spiced Gooseberries . . . .	304
Jelly, Green Grape . . . .	303	Spiced Grapes . . . . .	305
Jelly, White Grape . . . .	302	Spiced Plums . . . . .	305
Marmalade, Banbury . . . .	301	Stewed Prunes . . . . .	309

### The Chafing Dish.

The Chafing Dish . . . . .	313	Beef, Dried . . . . .	320
An English Cheese Dish	318	Clams, Creamed Little	
Beef, Cold Roast Fried . .	319	Neck . . . . .	316
Beef, Devilled . . . . .	319	Clams, Fried . . . . .	314

Devilled Eggs on Toast . . .	319	Oysters Panned with	
Eggs in Chafing Dish . . .	320	Celery . . . . .	315
Fish, Fried . . . . .	318	Oyster Rabbit . . . . .	315
Frogs Legs . . . . .	319	Oysters or Clams Stewed	314
Little Pigs in Blankets . . .	315	Pan Roast . . . . .	315
Lobster a la Newburg . . .	320	Sweetbreads . . . . .	317
Mushrooms . . . . .	320	Sweetbreads Fried . . .	317
Oysters, Creamed . . . . .	316	Venison Steak . . . . .	318
Oysters, Fried . . . . .	314	Welsh Rabbit . . . . .	317
Oysters On Toast . . . . .	315		

### Home-made Candies.

Home-Made Candies . . . . .	323	Cream Chocolate . . . . .	324
Butter Scotch . . . . .	328	Cream Dates . . . . .	324
Candy, Almond . . . . .	327	Creams, English Walnut	324
Candy, Cornballs or Pop-		Cream, French . . . . .	323
corn . . . . .	328	Creams, Fruit . . . . .	324
Candy, Cream . . . . .	325	Creams, Peppermint . . .	326
Candy, Nut . . . . .	327	Drops, Cocoanut . . . . .	325
Candy, Old-Fashioned		"Fudges" . . . . .	327
Molasses . . . . .	328	Glaced Fruits and Nuts .	328
Candy, Points on . . . . .	329	Lollipops . . . . .	326
Candy, Sugar . . . . .	326	Marshmallow Paste . . .	327
Caramels, Chocolate . . . . .	325	Nougat . . . . .	326
Caramels, Cocoanut . . . . .	325	Salted Almonds . . . . .	329
Caramels, Vanilla . . . . .	325	Stuffed Dates . . . . .	328
Cream Cherries . . . . .	324	Taffy . . . . .	326

## After Dinner, What?

One thing certain — and one other, if you have had a dinner as good as Hood's Practical Cook's Book will enable you to have, if you follow its directions.

First. — That neatness of person which demands attention to detail requires one to cleanse his mouth and teeth after every meal. Only thus can be secured that condition which everybody likes to observe. And this suggests the very best dentifrice in the world — Hood's Tooth Powder. There are endless dentifrices — liquid, saponaceous, and powdered, but Hood's leads them all. It is prepared with that choiceness of material, and exceeding care that make every product from Hood's Laboratory a standard of its class. If it's Hood's, it is the best of its kind. Nothing else is allowed to go out into the world. A bottle will be sent on receipt of 25 cents, but the druggist who does not keep it is behind the age.

Second. — The other thing referred to as an after-dinner specialty is a pill. Hood's Pills, like all his other articles, head the list. They are carefully prepared with exact proportions of ingredients, purely vegetable. The heaviest dinner will give no ill effect if a Hood's Pill is taken to prevent. And "permanent" liver ills are permanent no longer when Hood's Pills are used.

One other thing we might say right here — a necessary article in every home is a good balm for burns, bruises, etc. There is nothing better than Hood's Olive Ointment, which soothes and heals with marvelous quickness.

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